

## The Bullthistle Bulletin

Quarterly Newsletter January-February-March 2016

Chenango County Area Agency on Aging  
5 Court Street  
Norwich, NY 13815  
607-337-1770



Website: [www.co.chenango.ny.us](http://www.co.chenango.ny.us)

Email: [chenaaoa@co.chenango.ny.us](mailto:chenaaoa@co.chenango.ny.us)

Lawrence Wilcox, Chairman  
Board of Supervisors

Brian Wessels  
Director



## AARP TAX-AIDE PROGRAM



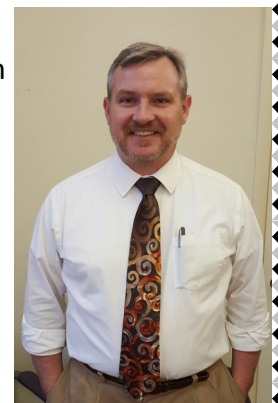
The Chenango County Area Agency on Aging would like to thank the Older Americans Act Advisory Council for their advocacy and leadership addressing issues effecting our seniors. The Council members are Dr. William Au, Robin Beckwith of Catholic Charities of CC, Edna Cash-Crewdson, Wilma Fowler, Department of Social Services, Barbara Levenson, Ann Morey, Dorlene Norris, Louise Perry, Chenango Health Network, Richard Schlag, Supervisor, Town of German, Helen Braun, Phyllis Dean, Peter Kwasnik and Edward A. Mack.

The Income Tax season will be here soon. AARP volunteers will again be available to assist taxpayers in Chenango County. Here at the Aging office we take appointments for those 60 and older. This program is available free of charge, and provides safe electronic filing for returns. The volunteers are certified to prepare individual income tax returns.

Starting in January please call the Chenango County Area Agency on Aging at 607 337-1770 to make an appointment to have your taxes done. Again this year they will be at the Guernsey Library.



Congratulations to Brian Wessels! In July 2015 Brian was appointed Acting Director of The Chenango County Area Agency on Aging when Debra Sanderson retired. As of January 1, 2016 his appointment as **Director** of our agency will take effect. Previously Brian was the Coordinator of Services for 16 years with our agency. Brian is looking forward to many more years of serving our seniors in Chenango County.



## A New You: Keeping Healthy New Year's Resolutions

By Dina Lawson, Registered Dietitian, Chenango County Area Agency on Aging  
Bullthistle Newsletter Jan-Feb-Mar 2016

Are you sticking to your New Year's Resolutions? Are your goals realistic? Have you been successful? If you say No to any of these questions, then try a different approach this year.

**Make SMART goals (Small, Measurable, Achievable, Realistic, Timely goals)!  
This is how it works:**

**Choose** one of the New Year's Resolutions to use as your SMART (Small Measurable Achievable Realistic Timely) goal. See the list below:

**Circle** Your Top New Year's Resolutions:

Lose Weight

Get Fit

Eat Healthier

Quit Smoking

Cut down on Sodium

Get more exercise

Get Less Stressed

Control Blood Sugar better

Other: \_\_\_\_\_



**Make one choice your SMART goal:** We will use Weight Loss for our Example. Use a separate sheet of paper to write down your New Year's Resolution and goals as you follow along.

**SMALL.** Start by making a small step that you are confident you can stick with throughout the year. For example, if losing weight (one of the top New Year's Resolutions) is your goal, choose one or two foods that are highest in sugar and fat and cut them out of your diet.

**MEASURABLE.** Write down what ways you are going to measure your success in cutting out those foods. Are you going to keep a food diary, weigh yourself weekly or note how better you feel? Measuring goals helps keep you on the right track and gives you confidence and motivation to keep going.

**ACHIEVABLE.** What if the goal is not working out well? Maybe it's not achievable at this time. For example, if you are unable to cut out 2 of your favorite foods, then change your goal. Decrease the portion size of those foods instead. It may make your goal more achievable.

**REALISTIC.** When a goal is realistic, it is right for you. So SMART goals are individualized to each person's needs, concerns and lifestyles. It is important for each person to choose realistic goals so they can be successful.

**TIMELY.** It is important to give yourself a timeframe to reach your first goal. Because, you will want to add on another small goal after that. For example, set a time limit of 3 to 5 weeks to meet your first goal. Once you feel confident that you reached that goal consistently, make another small goal. Make each goal SMART. Go through all the steps! This process will help you to continue on with your New Year's Resolution to lose weight.

**SUPPORT SYSTEM.** Family and friends are important for support and success so write down the following: How will you get support from family and friends with your goal? Write down the names of your supporters.

**Good Luck and Be SMART!**



### **Here are a few tidbits of information for you on weight loss:**

**Losing Weight is the #1 Most Popular New Year's Resolution.**

If losing weight is your top New Year's Resolution, be SMART about how you lose weight. Change your lifestyle to include a healthy diet, physical activity, and a support system.

**Fad diets promise quick weight loss and miraculous results be wary of popular fad diets with big claims.**

Fad diets may:

Eliminate entire food groups.

Prescribe specific amounts of specific foods in specific combinations.

Sell pills and powders.

Recommend to skip meals or replace meals with specific bars, shakes or supplements.

**Source: The Academy of Nutrition and Dietetics. [www.eatright.org](http://www.eatright.org).**



HAPPENINGS AT OUR SENIOR CENTERS  
CHENANGO COUNTY AREA AGENCY ON AGING  
JANUARY-FEBRUARY-MARCH 2016

**GREENE.....(607) 656-4789**

Brightman Senior Center  
25 Birdsall Street  
Greene, NY 13778  
Hours: M-W-F 10-2pm  
Lunch Served at Noon

**Daily Activities:** Cards, Bingo and Puzzles.  
Every other week: Crossword Puzzles,  
Word Searches and Trivia Plus

**Special Activities:**

- 01/01/16 - New Year's Day  
Office Closed
- 01/13/16 - Celebrate Birthdays!
- 02/10/16 - Celebrate Birthdays!
- 02/15/16 - President's Day  
Office Closed
- 03/09/16 - Celebrate Birthdays



**NORWICH ..... (607) 334-2910**

First Baptist Church  
10 West Park Place  
Norwich, NY 13815  
Hours: M-F 9-1pm  
Lunch Served at 11:45AM

**Daily Activities:** Cards (Tues/Fri),  
Crossword Puzzles, Word Searches,  
Trivia Plus and Bingo on Thursday

**Special Activities:**

- 01/01/16 - New Year's Day  
Office Closed
- 01/13/16 - Celebrate Birthdays!
- 02/10/16 - Celebrate Birthdays!
- 02/15/16 - President's Day  
Office Closed
- 03/09/16 - Celebrate Birthdays!

**NEW BERLIN .....(607) 847-6350**

Unadilla Valley Senior Center  
First United Methodist Church  
51 S. Main Street  
New Berlin, NY 13411  
Hours: Tues & Thurs 10-2pm  
Lunch Served at Noon

**Daily Activities:** Cards (Pitch & Golf) and  
Puzzles

**Special Activities:**

- 01/12/16 - Celebrate Birthdays!
- 02/09/16 - Celebrate Birthdays!
- 03/08/16 - Celebrate Birthdays!



**COVENTRY.....(607) 656-8602**

Windy Hill Senior Center  
Coventry Town Hall  
1839 Route 235  
Coventry, NY 13778  
Hours: Tues & Thurs 10-2pm  
Lunch Served at Noon

**Daily Activities:** Bingo and Cards  
Every other week: Crossword Puzzles,  
Word Searches and Trivia Plus

**Special Activities:**

- 01/12/16 - Celebrate Birthdays!
- 02/09/16 - Celebrate Birthdays!
- 03/08/16 - Celebrate Birthdays!

**SOUTH OTSELIC ..... (607) 337-1770**

Plum Valley Forever Young Center  
Methodist Church  
102 Clarence Church Street  
S. Otselic, NY 13155

Hours: One Evening Dine a Month 3-8pm  
Dinner Served at 5 PM

01/22/2016 02/19/2016 03/18/2016

**HAPPENINGS AT OUR SENIOR CENTERS**  
**CHENANGO COUNTY AREA AGENCY ON AGING**  
**JANUARY-FEBRUARY-MARCH 2016**

**MCDONOUGH ..... (607) 337-1770**  
 Genegantslet Activity Center  
 McDonough United Methodist Church  
 County Route 5  
 McDonough, NY 13801  
  
 Hours: Two Evening Dines a Month  
 3-8pm/ Dinner Served at 5:30PM  
  
 01/07/2015  
 01/21/2016  
 02/04/2016  
 02/18/2016  
 03/03/2016  
 03/17/2016



**SHERBURNE.....(607) 674-4600**  
 The Welcome Center  
 12 Knapp Street  
 Sherburne, NY 13460  
 Hours: M-W-F 10-2pm  
 Lunch Served at Noon  
  
**Daily Activities:** Cards and Puzzles  
**Special Activities:**  
 01/01/16 - New Year's Day  
                   Office Closed  
 01/13/16 - Celebrate Birthdays!  
 02/10/16 - Celebrate Birthdays!  
 03/09/16 - Celebrate Birthdays!

**Reminder: HEAP Is Open until March 15!**

**HEAP** opened up November 16, 2015 and runs through March 15, 2016.  
**Emergency HEAP** will open until January 4, 2016 and will also end March 15, 2016.  
**Heating Equipment Repair and Replace** will open November 9, 2015. No close date as of yet.

HEAP (Home Energy Assistance Program) helps low-income people pay for their energy bills. If your bills are more than you can handle, HEAP may be able to help you heat your home. The Chenango County Area Aging on Aging handles applications for the 60 and older living in Chenango County.

HEAP may be able to help you if your source of heat is:

- \* Electricity
- \* Natural Gas
- \* Oil
- \* Coal
- \* Propane
- \* Wood/Wood Pellets
- \* Kerosene
- \* Corn

If you have questions or need an application for HEAP please call The Area Agency On Aging at 607-337-1770.

## January Is National Bath Safety Month

January is recognized as National Bath Safety Month. Water and smooth surfaces can together convert the bath into a risky place. The most frequented room of the house, bathroom, is believed to be the most dangerous too. Bath safety is an integral part of general home safety. A study points that one-third of falls occurring at home occurs in the bath.

A report submitted by the Consumer Product Safety Commission sites that, in the United States, an average of 370 people (across all age groups), suffer bathtub or shower-related injuries every day. Slips, falls and hot-water burns are accounted as the prime reasons for accident in the bath. It is the second leading cause of accidental death and disability.

All family members, despite their age or health are at risk. Bath safety products play a vital role in ensuring the safety of a person while in the bath. People with limited mobility need to be extra cautious when it comes to bath safety; in the bathtub; shower and toilet. These areas of the bath should be tailored to suit individual requirements.

To ensure bath safety, identify the following:

- Areas that are very slippery
- Look out for areas that are difficult to move about
- Identify areas that pose a threat
- Check if you have any fixtures in the bath that are difficult to reach, use or clean

Safety tips to prevent accident in your bath:

- Use anti skid flooring material in the bath
- Keep the floor clean and dry
- Avoid obstacles in the floor plan thus ensuring free movement in the area
- Install grab bars inside the bathtub and shower
- Use non-slip strips in your tub or shower
- Put a bath mat with non-skid base next to the bathtub and shower
- Install scald-prevention devices, these devices will keep a check on the water temperature
- Make sure all electrical outlets have ground fault circuit interrupters

Items for seniors to help with bath safety:

Transfer bench

Bath mat

Hand held shower head

Grab bars installed in different areas of bathroom/shower/tub

Tub seats

Shower chairs



February 2nd is GROUNDHOG'S DAY!

Groundhog Day is celebrated in the US each year on February 2nd. On this day in mid-winter the groundhog awakens from a long winter's nap, and goes outside of his den to see if he sees his shadow. This tradition is big, on an otherwise cold and dreary mid-winter's day.



According to legend, if the ground hog sees his shadow (a sunny morning), there will be six more weeks of winter. He then returns to his den and goes back to sleep. If however, he does not see his shadow (cloudy days), he plays around outside of his hole for a while. If he does not see his shadow, spring is just around the corner. *(LET'S HOPE FOR A CLOUDY DAY AND DOESN'T SEE HIS SHADOW!)*

***The Chenango County Area Agency on Aging Welcomes  
Two New Outreach Workers To Our Staff!***



Hi my name is Wendy Hayner, I am the new outreach worker for Afton, Bainbridge, Guilford and the Town of Norwich. I am very happy and eager to help those in my area. I have worked at Chenango County DSS for 8 years and now happy to work for Area Agency on Aging. I have lived in Chenango County my whole life and I am happy to now raise my children here. My fiancé and I have been together for 13 years and have 3 beautiful boys together. In my free time I love spending time with my family and friends. I look forward to meeting those in need of services and I am happy to be here.



Left - Wendy Hayner      Right - Bridget Corcoran

Hi, my name is Bridget Corcoran and I am the new outreach worker for Sherburne, Columbus, New Berlin and part of the City of Norwich. I currently live in Endicott, NY with my wonderful husband and our three beautiful children. I have a bachelor's degree in Human Services and have completed one year towards my graduate degree in Social Work. I previously worked as an EMT and prior to coming to Area Agency on Aging I worked as a support member assisting physicians with the Electronic Health Record. I am enjoying my travels around beautiful Chenango County and meeting with everyone who is in my service area.

## Legal Services At The Chenango County Area Agency on Aging

Legal services for seniors are now being provided at our office by Legal Aid Society of Mid New York, Inc. To be eligible you must be at least 60 years old and living in Chenango County. Priority will be given to individuals experiencing problems with Social Security, SSI, Medicare, Medicaid, financial management, or adult protective services. There is a suggested contribution.

For an appointment or if you have a question you can call the Area Agency on Aging at 607-337-1770.



Chenango NY Connects is a trusted resource providing free information and assistance on long-term care and more for person of all ages in Chenango County. For more information please contact:

NY Connects of Chenango County  
5 Court Street  
Norwich, NY 13815  
607-337-1659 or 1-877-337-1659  
[www.nyconnects.ny.com](http://www.nyconnects.ny.com)

***HAPPY VALENTINES DAY!***

***FEBRUARY 14TH***



### Four R's of Coping

By Helen Hunter, ACSW, LSW, GCM

#### REORGANIZE

Reorganize your life. What do you need to focus on at this time? By reorganizing your life, you can better structure your needs and the needs of others.

#### RETHINK

Rethink your priorities. What is most important to you? By taking a good look at what is most important in your life, you can focus and channel your energy in that area.

#### RELAX

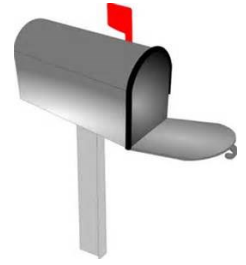
Find relaxation in exercise, hobbies, meditation. What is the best way that you can find peace? By finding a method of relaxation, you can recharge your energy so that you will be better able to face daily challenges.

#### RELEASE

Let go! What can you let other people do? By taking a good look at what others can do, you can ask for and accept assistance.

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*Dear Marci*

When I last visited my doctor, she said that we should schedule my Annual Wellness Visit soon to discuss my health. I have never had an Annual Wellness before, and I am not sure what this visit is about. Is it just a regular physical exam? What happens during an Annual Wellness Visit?

- Jackie (Lexington, KY)

Dear Jackie,

The Annual Wellness Visit is an annual appointment with your primary care doctor to develop your plan of preventive care for the upcoming year. This visit is NOT a head-to-toe physical; rather, it is an opportunity to discuss your current health with your doctor and create a plan for promoting your health and wellness. The Annual Wellness Visit is similar to your Welcome to Medicare visit, the one-time appointment with your doctor that takes place within the first twelve months after you enroll into Medicare. Know that you cannot have your Annual Wellness Visit within the same year that you have your Welcome to Medicare exam.

Since this will be your first Annual Wellness Visit, you and your doctor will create a prevention plan based on your needs. You will likely discuss your medical and family history, complete a health-risk assessment that considers your health status, injury risks, and any health needs, and compile a list of all of your current medical providers and medications. You can start to consider these things in advance of your appointment to prepare for the visit.

Depending on your health care needs and history, you and your doctor might do any of the following tasks during your Annual Wellness Visit:

- Create a checklist or screening schedule for various preventive health care screenings. Medicare covers many preventive care services, and this checklist will depend on your health status and what services you are eligible to receive;
- Identify risk factors and current medical and mental health conditions along with related current or recommended treatments;
- Check your height, weight, blood pressure, and body mass index;
- Screen for cognitive impairment, including diseases such as Alzheimer's or other forms of dementia;
- Review risk factors for depression;
- Review your functional ability and level of safety, including screening for hearing impairments and for your risk of falling; or give health advice and referrals to education or preventive counseling services or programs aimed at reducing identified risk factors and promoting wellness, such as weight loss, physical activity, smoking cessation, fall prevention, and nutrition.
- Give health advice and referrals to education or preventive counseling services or programs aimed at reducing identified risk factors and promoting wellness, such as weight loss, physical activity, smoking cessation, fall prevention, and nutrition.

You will not have a full physical as part of your Annual Wellness visit. Rather, the visit is used to assess your overall state of health and put a plan in place to maintain and promote your well-being.

Original Medicare covers the Annual Wellness Visit with no coinsurance or deductible as long as you see doctors or other health care providers who accept Medicare assignment. Medicare Advantage plans cover all preventive services the same as Original Medicare, so your plan is not allowed to charge cost-sharing fees (coinsurances, copays or deductibles) for preventive services that Original Medicare does not charge for as long as you see in-network providers. If you see providers that are not in your plan's network, charges will typically apply.

It's very important to keep in mind that, while the Annual Wellness visit itself is free, out of pocket costs can apply for additional care you receive during or following the visit. If your primary care provider explores or treats a new or existing health issue or runs tests separate from those listed above during the Annual Wellness Visit, you may be charged. Services not included in the Annual Wellness Visit are billed separately and are subject to the usual copays and deductibles.

-Marci

Reminder:

**You Can Schedule for AARP Driver's Safety Course Through Area Agency on Aging!**

If you need to take a course just give a call to (607)337-1770. We have courses through out the year. If one is not currently scheduled we can put you on our call list and call you when the next class will be scheduled. Don't miss out!

Happy St. Patrick's Day!

March 17th



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***What The Chenango County Area Aging on Aging Can Do For You!***

***Call (607) 337-1770 for Information and Assistance***

***Health Insurance Information, Counseling and Assistance Program (HIICAP)***

HIICAP is a statewide network of Health Insurance Information, Counseling and Assistance Programs. HIICAP's mission is to educate the public about Medicare, Medicaid, and other health insurance issues. Trained counselors assist Medicare beneficiaries to access needed health care and to apply for programs such as the Medicare Part D Prescription Drug Program and NYS EPIC and the Medicare Low-Income Subsidy. Appointment recommended.

***Legal Assistance***

Legal service is available by appointment to Chenango County residents who are 60 years of age and over. Priority is given to individuals experiencing problems with Social Security, SSI, Medicare, Medicaid, financial management, or adult protective services. There is a suggested contribution.

***Personal Emergency Response System (PERS)***

An emergency telephone response system connects the clients, via their telephone, directly to a 24 hour response center to provide immediate assistance in an emergency.

## How Your Contributions Support The Area Agency on Aging

The Chenango County Area Agency on Aging receives funding from a variety of sources to provide services and programs to senior citizens and their families throughout the community. Federal dollars, as designated in the Older Americans Act, are funneled through the NYS Office for the Aging. State dollars are received, funding services through Community Services for the Elderly (CSE), the Expanded In-Home Services for the Elderly Program (EISEP) and NY Connects. The agency also receives local matching-share dollars from Chenango County. In order to fund special projects, the agency may also apply to private foundations to help meet unfunded needs. Of equal importance to all of the “formal” funding streams are the contributions received from the many recipients of services, their families and friends. The significance of contributions is underscored by the fact that our state and federal funds have remained basically level with only slight increases over the past ten years.

The Area Agency on Aging depends on these contributions in order to carry out its mission of providing services and programs to all people over the age of sixty in Chenango County. Income collected through contributions is not a “bonus” to our budget. When the agency budget is being prepared for the following year, estimated contributions that we hope to receive, based on prior years’ experience, are included along with all other expected revenues. Therefore, contribution income received throughout the year supports our programs.

The Older Americans Act requires that every person who receives a service funded by federal dollars be given the opportunity to contribute to the cost of that service. There is no income eligibility for these services for people sixty years of age and older. Suggested contributions are recommended by the agency Advisory Council and approved by members of the county Board of Supervisors to provide guidelines for recipients of services. Included in our list of services are Congregate and Home Delivered Meals, Legal Services, Personal Care (EISEP), Case Management, Insurance Counseling (HIICAP), and Nutrition Counseling. Individuals can choose to contribute the suggested amount or more or less, depending on their own situation. Individuals whose income is at or above 185% of the Federal Poverty Guidelines are asked to contribute at an amount that represents the actual cost of the service. In 2015, for a household of one, 185% of Poverty Level was \$1814 per month and \$2456 for a household of two. No one is denied a service if they do not contribute.

Every home delivered meal, congregate meal eaten in the company of others, hour of insurance counseling, case management, personal care, legal service, nutrition counseling and all services giving respite to a caregiver, has a far-reaching immeasurable ripple-effect throughout our community. On behalf of all senior citizens of Chenango County, I would like to thank each of you, your family members, and neighbors who contribute financial support towards maintaining these and other much-needed services provided by the Area Agency on Aging.

*Thank  
You*

# Searching for Spring ...

U	Q	W	O	B	N	I	A	R	L	C	L	I	O	S
G	G	A	R	D	E	N	B	Y	B	A	K	I	T	E
B	S	N	S	T	O	O	R	U	R	T	B	L	V	J
U	M	B	R	E	L	L	A	N	A	E	E	E	E	N
I	P	B	S	R	S	N	Y	E	I	R	W	A	V	F
B	N	U	A	U	A	E	J	S	N	P	I	V	I	P
U	L	S	D	S	N	I	E	T	C	I	N	E	Q	L
W	Q	O	E	D	E	S	N	D	O	L	D	S	B	A
A	D	U	O	C	L	B	H	Y	A	L	Y	F	I	N
S	P	W	L	M	T	E	A	I	T	A	R	C	R	T
E	C	L	O	U	D	Y	W	L	N	R	L	S	D	R
A	Z	R	C	I	N	C	I	P	L	E	M	L	D	L
S	W	O	R	G	Y	L	F	R	E	T	T	U	B	T
O	H	A	T	C	H	S	P	R	I	N	G	G	O	F
N	V	F	L	O	W	E	R	S	Y	M	R	O	T	S

## Find these words:

baseball	hatch	rainy
bird	insect	roots
bloom	kite	season
butterfly	leaves	seed
caterpillar	nest	soil
cloudy	picnic	spring
flowers	plant	stormy
fog	puddle	sunshine
garden	rainbow	umbrella
grow	raincoat	windy





## LOOK HERE FOR SOME SPRING TIME HUMOR!

Can February March?  
No - But April May

Knock, Knock  
Who's There?  
Irish!  
Irish Who?  
Irish You A Happy St. Patrick's Day

Laughter  
is an  
instant  
vacation. 😊  
- Milton Berle

What spring flowers can be found on people's faces?  
Two Lips (Tulips)

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### **Alzheimer's: Sleep Issues and Sundowning**

People with Alzheimer's and dementia may have problems sleeping or increase in behavioral problems that begin at dusk and last into the night (known as sundowning).

#### **Causes**

Scientists don't completely understand why sleep disturbances occur with Alzheimer's disease and dementia. As with changes in memory and behavior, sleep changes somehow result from the impact of Alzheimer's on the brain.

Some studies indicate as many as 20 percent of persons with Alzheimer's will experience increased confusion, anxiety and agitation beginning late in the day. Others may experience changes in their sleep schedule and restlessness during the night. This disruption in the body's sleep-wake cycle can lead to more behavioral problems.

Factors that may contribute to sundowning and sleep disturbances include:

- ⇒ End of day exhaustion (both mental and physical)
- ⇒ An upset in the "internal body clock," causing a biological mix-up between day and night
- ⇒ Reduced lighting and increased shadows causing people with Alzheimer's to misinterpret what they see, and become confused and afraid
- ⇒ Reactions to nonverbal cues of frustration from caregivers who are exhausted from their day
- ⇒ Disorientation due to the inability to separate dreams from reality when sleeping
- ⇒ Less need for sleep, which is common among older adults

## Coping Strategies for Sleep Issues and Sundowning

- ⇒ **Keep the home well lit in the evening.** Adequate lighting may reduce the agitation that occurs when surroundings are dark or unfamiliar.
- ⇒ **Make a comfortable and safe sleep environment.** The person's sleeping area should be at a comfortable temperature. Provide nightlights and other ways to keep the person safe, such as appropriate door and window locks. Door sensors and motion detectors can be used to alert family members when a person is wandering.
- ⇒ **Maintain a schedule.** As much as possible, encourage the person with dementia to adhere to a regular routine of meals, waking up and going to bed. This will allow for more restful sleep at night.
- ⇒ **Avoid stimulants and big dinners.** Avoid nicotine and alcohol, and restrict sweets and caffeine consumption to the morning hours. Have a large meal at lunch and keep the evening meal simple.
- ⇒ **Plan more active days.** A person who rests most of the day is likely to be awake at night. Discourage afternoon napping and plan more challenging activities such as doctor appointments, trips and bathing in the morning or early afternoon. Encourage regular daily exercise, but no later than four hours before bedtime.
- ⇒ **Try to identify triggers.** Limit environmental distractions particularly during the evening hours (TV, children arriving, chores, loud music, etc).
- ⇒ **Be mindful of your own mental and physical exhaustion.** If you are felling stressed by the late afternoon, the person may pick up on it and become agitated or confused. Try to get plenty of rest at night so you have more energy during the day.
- ⇒ **Share your experience with others.** Join ALZConnected, our online support community and message boards, and share what response strategies have worked for you and get more ideas from other caregivers.

www.alz.org  
Alzheimer's Association



**Answer Key**

U	Q	W	O	B	N	I	A	R	L	C	L	I	O	S
G	G	A	R	D	E	N	B	Y	B	A	K	I	T	E
B	S	N	S	T	O	O	R	U	R	T	B	L	V	J
U	M	B	R	E	L	L	A	N	A	E	E	E	E	N
I	P	B	S	R	S	N	Y	E	I	R	W	A	V	F
E	N	U	A	U	A	E	J	S	N	P	I	V	I	P
U	L	S	D	S	N	I	E	T	C	I	N	E	Q	L
W	Q	O	E	D	E	S	N	D	O	L	D	S	B	A
A	D	U	O	C	L	B	H	Y	A	L	Y	F	I	N
S	P	W	L	M	T	E	A	I	T	A	R	C	R	T
E	C	L	O	U	D	Y	W	L	N	R	L	S	D	R
A	Z	R	C	I	N	C	I	P	L	E	M	L	D	L
S	W	O	R	G	Y	L	F	R	E	T	T	U	B	T
O	H	A	T	C	H	S	P	R	I	N	G	G	O	P
N	V	F	L	O	W	E	R	S	Y	M	R	O	T	S

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Answers for puzzle on page 12

## **Tips For Pain Management**

Almost all seniors today face some degree of pain and soreness. But up to 35% of all seniors face chronic pain resulting in depression and can greatly affect their daily life. Often this chronic pain goes undiagnosed or overlooked, and only after life is negatively altered is it caught and treated. Some of the obvious chronic pain symptoms include limping, moaning, spending more time in bed, and reduction in activity. Often it is left up to the caregiver's discretion surrounding the severity of the pain, because the loved one usually refuses help and does not want to visit a doctor. Once the pain is realized, the next step is finding the right doctor who can locate the pain and find a probable cause.

As a caregiver, understanding the aspects of pain management can greatly help your loved one return to better health and daily living. The most common recommendations made by doctors in the treatment of pain include:

**Medication-** Doctors usually are not eager to prescribe pain relievers that may be abused or simply looked at to numb the pain. Commonly prescribed medications include analgesics and narcotics, but both have potentially adverse effects associated with them.

**Cortisone Treatments-** This can be done through creams or injections into the affected muscles, but it usually only dulls the pain and should not be used for any extended period.

**Regular Exercise-** Routines that involve weights and stretching can correct one's pain and body movement, as well as enhancing your loved one's well-being in the process.

**Other Health Alternatives-** Treatments such as acupuncture, yoga, and meditation may correct some pain, but these approaches are not for everyone, and do not work on all pain sufferers.

**Advice to Caregivers-** Doctors are always reminding caregivers to remain positive and supportive to ensure that they can cope and deal with the daily pain and struggle their loved one faces.

**Dietary Changes-** Doctors also urge your loved ones to cut back on any high fat, cholesterol rich foods that may dampen their ability to respond to treatment.

**Lifestyle Changes-** Often it is activities such as smoking, excessive sleeping, and general laziness that prevents the body from reaching its daily potential and causes pain to begin in other parts of the body. Avoiding such unnecessary habits could spell less pain for your loved one.

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