

Lee and Russell
County Nursing
Homes

Arbor Springs Health
and Rehabilitation

EAMC SNF

Oak Park

Phenix City Health
Care

Canterbury Health
Care

Parkwood Health Care

Lee and Russell
County Assisted Living
Facilities

Cambridge Place
(SCALF)

Northridge (SCALF)

Azalea Place (ALF)

Camellia Place
(SCALF)

Magnolia (SCALF)

Morningside ALF

Lakewood ALF

Ombudsman News

VOLUME 2 ISSUE 1

JANUARY 31, 2012

From the Ombudsman.....

Happy New Year. The new year brings with it many things. We have an opportunity to start fresh and we all look forward to doing many new and exciting things in the coming year that will make it bigger and better than the previous one.

The Ombudsman program is no different. This year I am working hard to make the Ombudsman program bigger and better than it has ever been. I want to make our yearly events bigger and add even more community education events throughout the year. In addition to the Long-Term Care Conferences that will be held in both Lee and Russell counties, we will have a Health Resource Fair in July. This event will bring together the various agencies in the community that have services to benefit the entire family. We will continue to focus on long-term care preparation with theme of "Educated Aging." It is so important

that individuals become as educated as possible on their own specific aging issues and approach them head on and realistically.

There will also be a focus on activities. We have all heard the saying "Idle minds are the devil's workshop." This is true for anyone but especially a person with dementia. It is important to keep them focused on something to prevent adverse behaviors. Be sure and check out the "Activities Corner" of the newsletter for ideas to keep your loved one active.

Again this year, the Ombudsman program is seeking volunteers. There will a volunteer training on January 11, 2012 at 9am in the LRCOG Conference room. Anyone interested in

learning more about volunteer opportunities with the Ombudsman program should give me a call.

I am excited and looking forward to an excited and productive 2012. If you have any questions, concerns, or would like to volunteer with the Ombudsman or any programs at the Area Agency on Aging, please give me all.

The Ombudsman is also available to speak with any church or civic organizations about any long-term care topics.

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LRCOG

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Area Agency on Aging

The Lee-Russell Council of Governments Area Agency on Aging is able to provide a number of services to area seniors. The Agency is available to residents of Lee and Russell Counties. Programs available include the following:

SenioRx assists seniors age 55-64 with applying for free medications

offered by pharmaceutical companies.

Senior Centers provide socialization for those seniors able to get out of their homes with minimal assistance.

Home delivered meals provide those who qualify with at least one nutritious meal a day.

Medicaid Waiver program enables persons to remain in their home as

opposed to a long-term care facility.

Ombudsman program advocate for those residing in long-term care facilities.

For additional information on agency programs call the Lee-Russell Council of Governments Area Agency on Aging at (334) 749-5264 or 1(800) AGE-LINE (243-5463).



“No matter your age, income, or lifestyle, everyone has something to offer.”

“You know what is best for you better than anyone else.”

“Remember we only have one body let us treat it special!”

Volunteering...

Do you ever think about what you can do to make your community better? Do you ever think that there is nothing you can do because you have physical limitations or have no transportation? Nothing could be further from the truth. There is so much that you can do to contribute to your community, especially the elderly. The elderly in our communities tend to remain in their homes most days and do not have a lot of interaction with others. Some are able to attend Senior Centers or other centers for some socialization but there are a lot that can-

not do so. Volunteering is a great way to give back to your community and improve the quality of life for both yourself and the recipient of your services.

People are sometimes concerned with making a commitment. The beautiful thing about volunteering is that you decide how much time you are able to commit. There are no time clocks or sign in sheets.

Volunteering gives you a type of growth that you cannot get anywhere else. Volunteers are able to see their own community the way someone else sees it. This

helps us to appreciate and be thankful for what we have and are able to do. Volunteering can change the life of the person volunteering as well as the recipient. Take time to think about what you can and want to do and go for it.

If you are interested in volunteering for the Ombudsman program or any other program at the Area Agency on Aging, please contact our office at (334) 749-5264.

Planning For Your Own Care: POA

Do you know who will ensure that your wishes are carried out in the event that you are not able to verbalize your wishes? Who will handle your finances in the event that you are unable to physically attend to them? These are two questions that most people do not bother to answer as long as they are able to do them both themselves. We all know that

things can change in the blink of an eye and we will need someone to take care of these issues for us. It is important that individuals identify someone that will be able to step in and act on our behalf. Appointing a Power of Attorney (POA) does just that. You are able to determine who you can trust to make sure that your wishes are fulfilled. POA is a

basic document that identifies who has the legal authority to act on your behalf in the event that you are unable to do so. It does not give anyone the authority to make decisions for you and that person has no legal authority unless something happens that prevent you from being able to act on your own behalf.

Wellness...

This is the time of year when everyone makes “New Year’s Resolution.” This practice can be good and it can be bad. Good, because it helps the individual establish some goals and gives them something to work toward. Bad, because sometimes those goals are unrealistic and the setting of

them only set the person up for failure. The most common resolution is to lose weight or to get in shape. This is great but if you have not been in a gym or done any form of exercise the previous year, planning to run a marathon in March is probably not a realistic goal. BE REALISTIC. You should

look at short term goals that are attainable. For example, I will work out three times a week or I will lost ten pounds by March. These are attainable goals and once you have reached those goals, you are confident and excited about reaching your next goal.

Zesty Beef and Rice Skillett

Prep: 10 minutes

Cook: 30 minutes

Serves: 4

Ingredients:

- 1 tablespoon of vegetable oil
- 1 boneless beef sirloin steak, 3/4 inch thick (about 1 pound) cut into strips
- 1 jar (16 oz) Pace Picante Sauce
- 1 cup Swanson Beef Broth or Swanson Beef Stock
- 1 cup uncooked regular long-grain white rice

Chopped fresh parsley

Directions:

- Heat the oil in 10 inch skillet over medium-high heat. Add the beef and cook until it is well browned, stirring often. Pour off fat.
- Stir the Picante sauce, broth, and rice in skillet and heat to a boil.
- Reduce heat to low.
- Cover and cook 20 minutes or until the rice is tender.
- Sprinkle with fresh parsley

Nutritional values per serving:

- Calories: 368
- Total Fat: 9g
- Saturated Fat: 2g
- Cholesterol: 59mg
- Sodium: 1084mg
- Total Carbohydrates: 44g
- Dietary Fiber: 1g
- Protein: 24g

This recipe and more can be found online at [www. Campbellskitchen.com](http://www.Campbellskitchen.com).

“Preventing the loss of life and minimizing the damage to property from hurricanes are responsibilities that are shared by all.”

Disaster Preparedness...

Flu season is not over. We are now entering the peak of flu season. It is important that we continue to take the necessary precautions to prevent the spread of germs. The biggest way to prevent the spread of the flu is handwashing. Following are a few tips on when you should wash your hands and the proper way to wash:

When should you wash your hands?

- Before and after caring for someone who is sick.
- After using the toilet.
- After blowing your nose, coughing, or sneezing.
- After touching garbage.

What is the right way to wash your hands?

- Wet your hands with clean water and apply soap.
- Rub hands together to make a lather and scrub for at least 20 seconds.
- Rinse hands well and dry with clean towel or air dry.

Activities Corner...

We have all heard the saying “an idle mind is the devil’s workshop.” This is especially true for a person with dementia. A person with dementia has a hard time distinguishing what is going on around them and sitting alone with nothing to do adds to the confusion. It is important that they have something to do that will allow them to focus. Appropriate daily activities are not

just good for a person with dementia but for anyone. There are so many ways to engage seniors, you just have to determine what activity meet the needs of the group . A good place to start is to simply ask the senior what they would like to do. If they cannot give you a specific answer, talk with them about what they enjoyed doing as a child. What television shows did they

like? What are some things that they are interested in now? Most seniors love a good story. If you are working on an activity for a large group, check among your local civic organizations to see if they have a storyteller available. As the storyteller is speaking, have them to include your participants. They will enjoy sharing their stories and both the listeners and the storyteller get to hear a story.



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Area Agency on Aging**

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The Lee-Russell Council of Governments is pleased to serve and provide assistance and benefits to seniors and their families in Lee and Russell Counties.

Our Area Agency on Aging will assess the needs of persons 60 years or older and coordinate programs which improve the quality of life and promote independence.

There are no income requirements for participation in most programs.

Call our office if you have any questions or concerns.

Take Care of Yourself....

There is a lot that goes into the decision to become a caregiver for a loved one whether it be as a full time caregiver or as a supplement to some other resources. Either can be overwhelming and you must learn to relax and have "time off." We all know that being a caregiver is a job without set hours or duties. It is important that as a caregiver, you establish a "work day." You should set your schedule, as best you can, and stick with it. When you have a opportunity to be off, do something for you no matter how small. You may only have one or two hours of respite but you need to use that time and do something just for you even if it means doing absolutely nothing. You may want to take a nap, meditate, read a book, or just watch a episode of your favorite television show. The life of a caregiver does not leave much room for time to just devote to ourselves but it is one the most im-

portant aspects of being a caregiver. If you dig deep enough into cases where a elderly or disabled person has been abused or neglected, you are most likely to trace it back to a tired and overwhelmed caregiver. There is also the chance that if you do not take care of yourself, the care recipient will outlive the caregiver. Ways to have down time is something that must be worked into the care plan. Make sure that when you are making arrangements with other loved ones regarding the care of your loved one, everyone is given adequate time to take care of themselves. For additional information and resources for caregivers, contact Leisa Askew, Alabama Cares Coordinator at (334) 749-5264 ext. 215 or via

email at
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