

Lee and Russell
County Nursing
Homes

Arbor Springs Health
and Rehabilitation

Canterbury Health
Care

EAMC Skilled Nursing
Facility

Oak Park

Parkwood Health Care

Phenix City Health
Care

Lee and Russell
County Assisted Living
Facilities

Azalea Place (ALF)

Cambridge Place
(SCALF)

Camellia Place
(SCALF)

Lakewood (ALF)

Magnolia (SCALF)

Morningside (ALF)

Northridge (SCALF)

Ombudsman News

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From the Ombudsman.....

We are all aware of the budget cuts that are taking place across the state of Alabama. The availability of resources and services are limited and seem to slowly but surely be dwindling. The flip side of that is the increased need. People are turning sixty daily and will need some type of assistance. Many of us that are younger have this false sense of security that by the time we need help, things will be back on track and the help will be available. There are several problems with this assumption, the biggest being that we will not need the help until later. We never know when we are going to be placed in a position to require assistance for ourselves or a loved one that we are charged with caring for.

People are living longer and society is not prepared for the influx. Despite society not being ready, we have to be ready. As care providers or care recipients, we are not given the

luxury of being caught off guard. I have a friend who always say "proper preparation prevents poor performance." This statement is especially true during these times. We not only need to know what recourses are available but we must know when we need to apply for those resources.

The Lee-Russell Council of Governments will host various events throughout the year that will provide information regarding available resources, ways to locate additional resources, and style changes that delay the need for resources. Please visit our agency website (www.lrcog.com) regularly to see what events are upcoming. You may also contact the Ombuds-



man via email in order to receive notices emailed to you monthly.

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

Any one interested in volunteering with the Ombudsman program should contact the Ombudsman.

Maria Davis

Long-Term Care Ombudsman

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 advocates 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).



“You are my best friend, I don’t need anything else.”

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

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

Volunteering...

This quarter’s newsletter spotlights Ombudsman volunteer, Mr. Kenneth Cadenhead. Mr. Cadenhead began to volunteer with the Ombudsman program during the later part of last year. As a part of the LRCOG Advisory Council, Mr. Cadenhead decided that, after seeing the staff members’ dedication to their work, decided that volunteering was an area that he could be of service to others.

Mr. Cadenhead made the decision to volunteer when, after retiring from Auburn University, he and his wife decided to spend time as volunteers in places where they

could offer their services. They have both been volunteers in the Lee County Literacy Coalition for 20 years and with Callaway Gardens for 10 years.

When asked how volunteering helps him, Mr. Cadenhead responded that it makes him much more aware of needs of the elderly, and it continually makes him want to explore other ways that he can be of service. He quotes Bruce Courtney, author of “Power of One:” “When a man knows somebody cares, he keeps some place, a corner maybe of his soul, clean and lit.”

If a person sincerely cares for others and want to lend a helping hand, there is much that can be done.

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...

Who is going to be your caregiver? Have you discussed your care with that person/ persons? Do they know what your wishes are? These are only a few questions that have to be answered. The discussion of what will happen as you age is a difficult but necessary discussion. We often make assumptions about what will happen if we need assistance

and they tend to not always pan out. It is important that you sit down with your family and not only make your wishes known but to also listen to your family. They should be able to honestly tell you what their feelings are regarding the role of caregiver. They need to be able to realistically assess whether or not they will be able to provide you with the

care that could possibly be needed for you in the future. Once they have expressed their concerns, all involved need to work on a plan that will work for everyone. It is important that you have an open mind and understand that you are not the only person involved. If you plan to get the best possible care, you have to allow your family to operate in their reality.

Wellness...

Stress is a normal physical response to events that make you feel threatened or upset your balance in some way. Stress is unavoidable and dangerous to your health. If not managed properly, stress can cause major problems both physically and emotionally. The good news is that even

the most stressful lives can be managed.

Recognizing what stresses you is the first step in managing the stress in your life. If you know what stresses you the most, you recognize it from the beginning and can avoid the stress all together or prepare yourself to handle the situation

effectively. You should also learn to live in the reality of your situation. One person cannot do everything and be everything to everyone, something has to give. You have to do what you can and allow the rest to take care of itself.

Beefy Enchilada Skillett

Prep: 5 minutes

Cook: 15 minutes

Serves: 4

Ingredients:

1 pound ground beef

1 jar (16 ounces) Pace Picante Sauce or Thick and Chunky Salsa

8 corn tortillas (6-inch), cut into 1-inch squares

1 cup shredded Cheddar cheese (about 4 ounces)

Sour Cream

Chopped green onion

Directions:

Cook the beef in a 10-inch skillet over medium-high heat until it's well browned, stirring often to separate meat. Pour off any fat.

Stir the picante sauce, tortillas and half of the cheese in the skillet and heat to a boil. Reduce the heat to low. Cover and cook for 5 minutes or until the beef mixture is hot and bubbling.

Top with the remaining cheese. Serve with sour cream and green

onion.

This recipe and more can be found online at 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...

Just as important as putting your supplies together is maintaining them so they are safe to use when needed. Here are some tips to keep your supplies ready and in good condition:

- Keep canned foods in a dry cool place.
- Store boxed food in tightly closed plastic or metal con-

tainers to protect from pests and to extend its shelf life.

- Throw out any canned good that becomes swollen, dented, or corroded.
- Use foods before they go bad, and replace them with fresh supplies.
- Place new items at the back of the storage area and older

ones in the front.

- Change stored food and water supplies every six months and label.
- Re-think your needs and update your kit yearly.
- Put your entire disaster supplies in easy-to-carry container.

Activities Corner...

“Use it or lose it” is a quote that everyone has heard or read at some point in time. Studies have shown that a person who “exercises” his brain are less likely to exhibit dementia like symptoms. There is nothing that indicates that these activities will prevent the diagnosis but they will slow the appearance and severity of symptoms. There are many “exercises”

that a person can participate. Cross words, hidden words searches, and other similar programs are all great activities. If you are caring for someone who is more advanced in the disease, it would be a good idea to watch some of the older game shows that were popular when the care recipient was younger. They will start to participate along with the contest-

ants. If they choose not to participated it may trigger some other memories and initiate some conversations about the past that calms the person and puts them in a place in time when they were happy and at peace. The idea behind making sure that a person with dementia or any other impairment is active is to make sure that the person has some sense of self worth. This also allows them to use the abilities that remain and realize some new ones.



**Lee-Russell Council of Governments
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.

Upcoming Events...

May 14-May 18, 2012
Nursing Home Week

May 18, 2012
Annual Senior Picnic
Kiesel Park
Auburn, AL
9am-1pm

May 23, 2012
Medicare Fraud Event
Goodwill Industries Career Center
10:30am-11:30am

May 26, 2012
Health Fair
Creekstand Baptist Church
Opelika, AL
10am-1pm

June 9, 2012
Community Education Event
Monarch Estates
Eagles Nest
Auburn, AL
2pm-3pm

July 21, 2012
Community Health Resource Fair
Greater Peace Baptist Life Center
Opelika, AL
9am-1pm

Please visit the LRCOG agency website (www.lrcog.com) for additional information on these and all other agency events.

