

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

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From the Ombudsman.....

Each and every one of us will either become a caregiver or a care recipient at some point in our lives. The role, whether for a child, parent, or other adult, is a difficult one. There are many things to consider when making the decision to become a caregiver. Society makes us feel that we have an obligation to sacrifice our feelings, wants, and desires to care for an ailing parent. We are expected to drop everything and take them in and we must do it all. We are not allowed to ask for help and under NO circumstances should we even THINK about facility placement.

The reality is not so black and white. There are so many dynamics to becoming a caregiver. The desire to care is one thing but the reality of caring is something different. The important thing is to educate yourself on what it will take to care for your loved one and determine if you are able to provide all of the needs

for that person. If you know that you cannot do so, look for other options.

There are so many resources available. Assistance is out there. The internet is a great first stop for general information and it can get you on the right path. There are support groups in the area. This is great because it gives you a chance to meet people who are going through some of the same things that you are experiencing.



The local Ombudsman is also an excellent resource. I am available to answer any questions that you may have

concerning caregiving as well as answer questions that you have about any local facilities. I am also available to tour a facility with you. It is important to remember that you are not alone. There are a lot of choices to be made and it is understandable that you have conflicting emotions. There is no definite right or wrong answer to these questions. You have to just do what is right for your loved one. They deserve the best possible care and you ARE obligated to do everything you can to make sure that they receive it.

Maria Davis
Long-Term Care Ombudsman
LRCOG
(334) 749-5264 ext 207

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.



“...you seldom find the need for information- that is until I found ADSS AmeriCorps.”

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

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

ADSS AmeriCorps: Serving a Need Unknown

Food. Clothing. Shelter. The three basic needs are the origin of most community services. One does not have to look far to find a food pantry, a clothing drive, or even a rebuilding mission. However, you seldom find the need for information-that is until I found ADSS AmeriCorps.

Alabama Department of Senior Services (ADSS) and AmeriCorp (AC) members work with the State Health Insurance Assistance Program (SHIP) Coordinators to ensure that the Medicare recipients receive accurate, unbiased, and client focused information.

This counseling provides resources and information to clients in a manner that is clear and easy to understand and then enables the clients to be confident in their Medicare Advantage and Prescription Drug plan choices. Additionally clients can be assured that the information is sound as SHIP requires 100% passing rate to be a certified SHIP counselor.

I have enjoyed being instrumental in orchestrating Benefits Checkup events in both Lee and Russell counties where the community was given a chance to be screened for any services that may be avail-

able for them.

My main objective as a SHIP counselor is educating people on SHIP services and letting them know that their local SHIP is here to help address their Medicare concerns. Feel free to join our upcoming events and contact SHIP with your questions and concerns.

If you have any questions or concerns feel free to contact Tomekia Rush at (334) 749-5264 ext. 233.

Planning For Your Own Care: Living Wills

A living will is a legal document that is used to make known his or her wishes regarding life prolonging medical treatments. It is also known as an advance directive, health care directive, or a physician's directive. The living will informs health care providers and family members what your desires are for medical treatment in the event you are not able to

speak for yourself.

It is important to have a living will so that there is no question as to what you would or would not want to be done to prolong your life in the event that you are unable to voice your desires. The living will is only effective when you are incapacitated and live saving decisions must be made. In the event that the situation is

not dire you should have a health care power of attorney or health care proxy. This person or persons will be able to make decisions for treatment. The person that you choose to make health care proxy should understand your needs and what you would like to happen in the event you are unable to speak. Make sure that you choose someone that you can trust to do as you ask, even during an emotional time.

Wellness...

Move, move, move. This is the one thing that all personal trainers and physicians all suggest. Walking has so many health benefits that it would take this entire newsletter to list. Listed are three reasons to walk below.

1. Walking prevents Type 2 Diabetes. Walking 150

minutes per week and losing 7% of your body weight can reduce your risk by 58%.

2. Walking strengthens your heart. Men who walk increase their mortality rates 2x those who do not. Women who walk reduce their risk by 35%

compared to those who do not.

3. Walking improves physical function. Research shows that walking improves fitness, physical function, and prevents physical disability in older person.

Chicken & Broccoli Alfredo

Prep: 10 minutes

Cook: 20 minutes

Serves: 4

Ingredients:

1/2 lb packaged linguine

1 C fresh or frozen broccoli florets

2 T butter

1 1/4lb skinless, boneless chicken breast halves, cut into 1/2 inch pieces

1 can (10 3/4 oz) Campbell's Condensed Cream of Mushroom soup

1/2 C milk

1/2 cup grated Parmesan cheese

1/4 tsp ground black pepper

Directions:

Prepare the linguine according to package directions in a 3-quart saucepan. Add the broccoli during the last 4 minutes of the cooking time. Drain the linguine mixture well in a colander.

Heat the butter in a 10-inch skillet over medium-high heat. Add the chicken and cook until well browned and cooked through,

stirring often.

Stir the soup, milk, cheese, black pepper and linguine mixture in the skillet and cook until the mixture is hot and bubbling, stirring occasionally.

Serve with additional Parmesan cheese.

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

Disaster Preparedness...

June 1st marked the beginning of hurricane season. In the Lee and Russell County area, we do not have a large threat of hurricanes however we are threatened by tornadoes that develop as a possible result of a hurricane. Tornadoes are most likely to form in the right-front quadrant of the hurricane but can be found elsewhere in the rainbands well away from the

center of the hurricane. We have no way of predicting exactly which storms will spawn tornadoes or where they will touch down therefore preparedness is critical.

Disaster prevention includes both being prepared as well as reducing damages. Disaster prevention should include the following:

- Developing a family plan

- Creating a disaster supply kit
- Having a place to go
- Securing your home
- Having a pet plan
- Purchase a weather/storm radio

For more information on disaster preparedness you may contact your health department.

Dangers of Summer Heat...

According to the Centers for Disease Control, hundreds of people across the US die and millions are at risk of getting sick every year from heat-related illnesses. Most of these occurrences are preventable if only people understood more about the dangers of heat and dehydration, especially in vulnerable populations. Elderly people are more susceptible to heat exhaus-

tion and heat stroke.

- They begin to sweat at higher temperatures and less affectively than younger people.
- Are more likely to have medical conditions that upset normal body responses to heat.
- Are more likely to take medications that cause mouth dry-

ness, increase sensitivity to the sun, change ability to reason, or impair the body's ability to regulate temperature or perspire.

It is important that everyone work together to protect the elderly and disabled population in our communities. It is important to check on them regularly to examine for heat exhaustion and heat stroke. It would also be a good idea to go to air conditioned locations if they have transportation.



**Lee-Russell Council of Governments
Area Agency on Aging**

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The Lee-Russell Council of Governments is pleased to service 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....

The role of caregiver is not only one of the most important roles you will ever have but also one of the most difficult. The role of caregiver for an elderly parent or loved one has often been compared to that of caring for a child. This may be true in a general sense but is totally different. There are so many different dynamics involved with caring for an adult, specifically a parent or spouse. Your emotions are all over the place. You have feeling of guilt, anger, sadness, and helplessness. These are all normal. The trick is to know how to deal with these feelings. Following are a few tips to help:

- Accept the fact that there are things that you cannot change. Change only what you can.
- If you are sad or angry, allow yourself to cry. Your emotions are natural. Let yourself feel them without guilt.
- Live one day at a time.

- Use positive self talk. This can help turn a negative day into a positive one.
- Start a gratitude list. There is always something to be thankful for.
- Join or start a caregiver support group where you can share your feelings with others and learn from other's shared experiences.
- Learn as much as you can about your loved one's disease. This will help you have realistic goals for this person's care. Remember, you did not cause the disease and you cannot cure or control it.

Remember that no matter what you **WANT** to do, you have to live in

the reality of what you **CAN** do.

