



NEWSLETTER

San Andreas Movers & Shakers...it's not *OUR* fault!

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VOLUME ONE

December 1, 2011

S.A. M & S...



COMMITTEE MEMBERS

Barbara Pollard/Chair, Secretary, Publicity

Joe Fleischman/Co-Chair, Newsletter, Library, Room Set-up

Sue Costa/Treasurer, Membership Roster

Jack Costa/Program Coordinator, Room Set-up

Evelyn Rapetti/Refreshment Coordinator, Program Coordinator

J.R. Hunt, Name Tag Coordinator

Rosemary Wilson, Member at Large

Vera Bogosian, Member at Large



MEETING, November 1, 2011

This month there were 25 members in attendance to hear Helen Olla from the Health Insurance Counseling and Advocacy Program (HICAP) speaking on insurance. Helen covered many of the new changes in Medicare this year, as well as prescription drugs and how the new program to reduce the doughnut hole is going to work. If you would like to get information on how the Medicare program will work for you, you can call 1-800-434-0222 to make an appointment. It is a free service provided by Area 12 Agency on Aging

Next Meeting Date: Tuesday, December 6, 2011.

We will be having our annual Christmas pot luck party. Tom, Jerry and Shirley volunteered to bring the main dish and everyone else is asked to bring a side dish of salad, vegetable, or desert. We will be playing the game of greed and if you want to play you are asked to bring a \$5-\$10 gift per person to enter into the game. We look forward to having a fun day getting the holidays started.

December Birthdays

JUANITA CAMFIELD

December Anniversaries

JOE & SHIRLEY FLEISCHMAN

BOB & JENNIFER HEISE

SAMS Group News

J.R. could not make the meeting last month because he was having a shoulder operation. We hope all is well with you now JR and hope to see you at the December meeting.

Our traveling friend Tom B was making a trip over to the store on his scooter and as he entered the store his ring caught on the door as the scooter kept going and it peeled the skin back inside out. They took him to the ER and they weren't able to save the finger. He is home recovering.



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SAMS Group news continued:

Vera B spent a day in the ER having her heart checked and while she was there and saw Evelyn walk by, as it turns out Jordon was in the room next to her. He had fallen again. Both Vera and Jordon are doing fine after their check up.

In Memoriam

It is with sadness that we report the passing of Edward H. Bogosian. Ed passed away suddenly on Friday November 11, 2011 at the age of 85. Ed was a Merchant Marine, attended the University of California, Berkeley, enlisted in the Air force and was owner of Shamrock Association. During the past 25 years Ed and Vera have been living in Valley Springs. When Ed retired his dream was to tend to the acres of olive trees that he had planted on their property in Valley Springs. We will all miss you Ed, may you rest in peace my friend.

The members of the San Andreas Movers and Shakers express their sincerest condolences to Vera and her Family.



WEBSITE

Our web site www.sanandreamoversandshakers.org is up and running. If you have any ideas or would like to see something added to the web site please let me know.

Continued from last month:

Preventing caregiver burnout tip 1: Get the help you need

Find caregiver services in your area

Explore the Family Caregiver Alliance's [Family Care Navigator](#), a state-by-state resource intended to help you locate services for family caregivers and resources for older or disabled adults.

The first strategy for preventing caregiver burnout is: *Don't try to do it all alone. Taking on all of the responsibilities of caregiving without regular breaks or assistance is a surefire recipe for burnout.*

Ask for help when you need it. Enlist friends and family who live near you to run errands, bring a hot meal, or "baby-sit" the care receiver so you can take a well-deserved break.

Also, there are services to help caregivers in most communities, and the cost is often based on ability to pay or covered by the care receiver's insurance. Services that may be available in your community include adult day care centers, home health aides, home-delivered meals, respite care, transportation services, and skilled nursing.

- **Caregiver services in your community** – Call your local Area Agency on Aging, senior center, senior services organization, county information and referral service, university gerontology department, family service, or hospital social work unit for contact suggestions.



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- **Caregiver support for veterans** – If your care recipient is a Veteran, home health care coverage, financial support, nursing home care, and adult day care benefits may be available. Some Veterans Administration programs are free, while others require co-payments, depending upon the veteran's status, income, and other criteria.
- **Your family member's affiliations** – Fraternal organizations such as the Elks, Eagles, or Moose lodges may offer some assistance if your family member is a longtime dues-paying member. This help may take the form of phone check-ins, home visits, or transportation.
- **Community transportation services** – Many community transportation services are free for your care recipient, while others may have a nominal fee or ask for a donation. Your local Area Agency on Aging (AAA) can help you locate transportation to and from adult day care, senior centers, shopping malls, and doctor's appointments.
- **Telephone check-ins** – Telephone reassurance provides prescheduled calls to homebound older adults to reduce their isolation and monitor their well-being. Check with your local AAA, religious groups, senior centers, and other public or nonprofit organizations.
- **Adult day care** – If your loved one is well enough, consider the possibility of adult day care. An adult day care center can provide you with needed breaks during the day or week, and your loved one with some valuable diversions and activities.

For more information, see [Adult Day Care Centers: A Guide to Options and Selecting the Best Center for Your Needs](#).

Preventing caregiver burnout tip 2: Seek emotional support

Pablo Casals, the world-renowned cellist, said, "The capacity to care is the thing that gives life its deepest significance and meaning." Although caregivers are often isolated from others, it's essential that you receive the emotional support you need, so you don't lose that capacity.

Share what you're going through with at least one other person. Turn to a trusted friend or family member, join a support group, or make an appointment with a counselor or therapist. You can also draw strength from your faith. A congregation in a church or synagogue can provide the encouragement you need to feel good about your caregiving role, and may also be able to provide a break from time to time.

The value of caregiver support groups

Remember that old adage, "trouble shared is trouble halved"? A caregiver support group is one way to share your troubles. Seek out people who are going through the same experiences that you are living each day. If you can't leave the house, many Internet services are available.

In most support groups, you'll talk about your problems and listen to others talk; you'll not only get help, but you'll be able to help others, too. Most important, you'll find out that you're not alone. You'll feel better knowing that other people are in the same situation, and their knowledge can be invaluable, especially if they're dealing with the same illness you are.



Types of Caregiver Support Groups

Community support groups for caregivers:

- People live near each other and meet in a given place each week or month.
- You get face-to-face contact and a chance to make new friends who live near you.
- The meetings get you out of the house, get you moving provide a social outlet, and reduce feelings of isolation.
- Meetings are at a set time. You will need to attend them regularly to get the full benefit of the group.
- Since the people in the support group are from your area, they'll be more familiar with local resources and issues.

Internet support groups for caregivers:

- People are from all over the world and have similar interests or problems.
- You meet online, through email lists, websites, message boards, or chat rooms.
- You can get support without leaving your house, which is good for people with limited mobility or transportation problems.
- You can access the group whenever it's convenient for you or when you need help most.
- If your problem is very unusual – a rare disease, for example – there may not be enough people for a local group, but there will always be enough people online.

To find a community support group, check the yellow pages, ask your doctor or hospital, or call a local organization that deals with the health problem you would like to address in a support group. To find an Internet support group, visit the website of an organization dedicated to the problem or do a web search on the name of the problem.

Preventing caregiver burnout tip 2: Take care of yourself

When you are a caregiver, finding time to nurture yourself might seem impossible. But you owe it to yourself to find the time. Without it, you may not have the mental or physical strength to deal with all of the stress you experience as a caregiver. Give yourself permission to rest and to do things that you enjoy on a daily basis. You will be a better caregiver for it.

Tips for taking care of yourself:

- Incorporate activities that give you pleasure even when you don't really feel like it. Listen to music, work in the garden, engage in a hobby...whatever it is that you enjoy.
- Pamper yourself. Take a warm bath and light candles. Find some time for a manicure or a massage.
- Eat balanced meals to nurture your body. Find time to exercise even if it's a short walk everyday. Do the best you can to sleep at least 7 hours a night.
- Laughter really is the best medicine. Buy a light-hearted book or rent a comedy. Whenever you can, try to find some humor in everyday situations.
- Keep a journal. Write down your thoughts and feelings. This helps provide perspective on your situation and serves as an important release for your emotions.



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- Arrange a telephone contact with a family member, a friend, or a volunteer from a church or senior center so that someone calls each day to be sure everything is all right. This person can help by contacting other family members with status updates or to let them know if you need anything.
- Try to set a time for afternoons or evenings out. Seek out friends and family to help you so that you can have some time away from the home. If it is difficult to leave, invite friends and family over to visit with you. Share some tea or coffee. It is important that you interact with others.

The above information was found at the website HELPGUIDE.org

Joe Fleischman,
Newsletter Editor