



A Division of NEMCSA

REGION 9 AREA AGENCY ON AGING CAREGIVER NEWSLETTER

Serving the Counties of: Alcona, Alpena, Arenac, Cheboygan, Crawford, Iosco, Montmorency, Ogemaw, Oscoda, Otsego, Presque Isle and Roscommon



PALLIATIVE CARE

Palliative care is specialized medical care for people living with a serious illness, such as cancer or heart failure. Patients in palliative care may receive medical care for their symptoms, along with treatment intended to cure their serious illness. Palliative care is meant to enhance a person's current care by focusing on the quality of life for them and their family.

Palliative treatments vary widely and often include:

- Medication.
- Nutritional changes.
- Relaxation techniques.
- Emotional and spiritual support.
- Support for children or family caregivers.
- Help you plan a family meeting.
- Suggest ways to organize people who want to help.
- Help you find medical information, rides, or services.
- Help you talk with your healthcare team about the cost of care.
- Explain billing and insurance, or find someone who can do this.
- Help you apply for medical leave or disability payments.
- Find programs that provide free or low-cost medicines.

Who makes up the palliative care team?

A palliative care team is made up of multiple different professionals that work with the patient, family, and the patient's other doctors to provide medical, social, emotional, and practical support.

- | | |
|---|--|
| <ul style="list-style-type: none"> • Patient • Family Members • Social workers • Nutritionists • Counselor | <ul style="list-style-type: none"> • Palliative care specialist doctors • Nurses • Psychologist • Volunteers • Clergy |
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TALKING ABOUT FUTURE PLANS

Estate planning and end-of-life care can be difficult topics to discuss. The process of putting the details together may not be pleasant, but doing so is an invaluable gift that will benefit the entire family.

Things to Consider:

- Respect their terminology. Do they use deceased, passed away, left us, or etc.
- Reflect on values and preferences for future care.
- Encourage them to talk to others in their care circle about their preferences.
- Follow their lead.
- Conversations about future plans may not work the first time. Adapt your approach.
- Do your research.
- Give them time.
- Put your plan in writing.
- Re-assess preferences and plans periodically.

Here is a checklist to ensure you have a plan:

- Prepare your end-of-life planning documents.
- Decide between a Will or Trust.
- Make a list of your assets.
- Determine end-of-life housing plans.
- Write down your final wishes including funeral plans and burial arrangements.
- Create an obituary and/or death notice.



WAYS TO START PRACTICING SELF-CARE

Self-care means taking the time to do things that help you live well and improve both your physical health and mental health. When it comes to your mental health, self-care can help you manage stress, lower your risk of illness, and increase your energy.

Have you taken a break this week to unwind?

How much did you smile or laugh today?

When was the last time you took a day to yourself?



Get enough sleep and keep a consistent sleep schedule.



Try not to feel guilty about not being productive.



Avoid Stress.



Get physical.



Eat a balanced diet.



Treat yourself to a nice meal, spa day or gift.



Drink enough water.



Engage in social activities.



Learn to say no.



Work on things that inspires you.



END OF LIFE CARE

End-of-life care is the term used to describe the support and medical care given during the time surrounding death. People who are dying need care in four areas: physical comfort, mental and emotional needs, spiritual needs, and practical tasks.

Physical Comfort: Discomfort during the dying process can come from a variety of sources. Depending on the cause of the discomfort, there are things you or a healthcare provider can do to help make the dying person more comfortable.

Mental and emotional needs: Someone who is alert near the end of life might understandably feel depressed or anxious. It is important to treat emotional pain and suffering. You might want to contact a counselor.

Spiritual needs: Spiritual needs may include finding meaning in one's life, ending disagreements with others, or making peace with life circumstances. The dying person might find comfort in resolving unsettled issues with friends or family. Visits from a social worker or a counselor may help.

Practical tasks: To relieve the person who is dying and to support the caregiver. A person who is dying might be worried about who will take care of things when they are gone. A family member or friend can offer reassurance.

Here are some things to consider when you are caring for someone who is near the end of life:

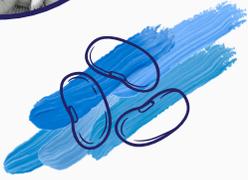
- Talk with the healthcare team about the best way to respond to changes to your person's appetite.
- Keep in mind that your person's voice may weaken, and they may talk less or avoid long conversations.
- Be a good listener, your presence and courage to listen will lessen your person's anxiety and fear.
- If your person has always enjoyed humor, still incorporate it into your caregiving.
- Take care of yourself so that you can give your person the support and care they need.
- Get help with practical tasks such as hospice.
- Create a peaceful atmosphere.
- Keep your person warm, clean, and comfortable.
- Play soft music and give a gentle hand massage.
- Attend to spiritual needs.

Only about 14% of people who need palliative care currently receive it.





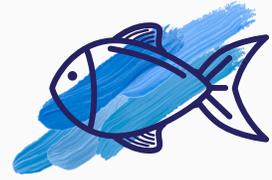
GOOD FOOD, GOOD MOOD



Beans and lentils are rich sources of mood-boosting nutrients, particularly B vitamins.



Dark chocolate is rich in compounds that may increase feel-good chemicals in your brain.



Fish have omega-3 fatty acids that are essential because you must obtain through your diet because your body cannot produce them on its own.



Fermented foods, which include kimchi, yogurt, kefir, kombucha, and sauerkraut.



Coffee provides numerous compounds, including caffeine and chlorogenic acid, that may boost your mood.



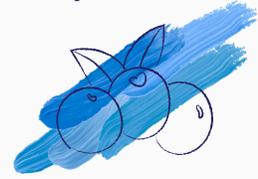
Nuts and seeds are high in tryptophan, zinc, and selenium, which may support brain function and lower your risk of depression.



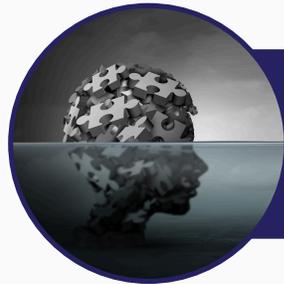
Bananas are high in vitamin B6.



Oats are a whole-grain that are an excellent source of fiber.



Berries are rich in disease-fighting anthocyanins, which may lower your risk of depression.



CAREGIVING AND DEPRESSION

People experience depression in different ways; the type and degree of symptoms vary by individual and can change over time. The following symptoms, if experienced for more than two consecutive weeks, may indicate depression:

- A change in eating habits resulting in unwanted weight gain or loss.
- A change in sleep patterns either too much sleep or not enough.
- Feeling tired all the time.
- A loss of interest in people and/or activities that once brought you pleasure.
- Becoming easily agitated or angered.
- Feeling that nothing you do is good enough.
- Thoughts of death or suicide, or attempting suicide.
- Ongoing physical symptoms that do not respond to treatment, such as headaches, digestive disorders, and chronic pain.

31%

OF MICHIGAN DEMENTIA CAREGIVERS EXPERIENCE DEPRESSION.

“KNOW YOUR LIMITS, DON'T PUSH PAST THEM.”

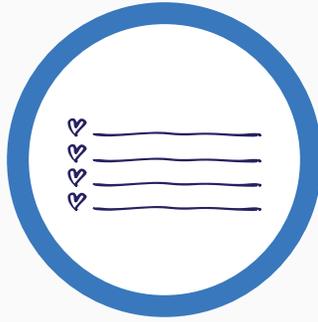


Tips for Grocery Shopping

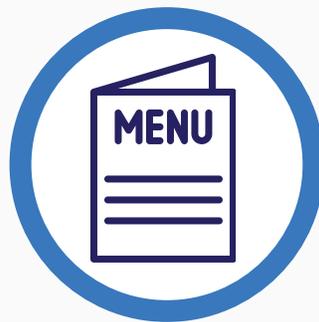
Whether you are picking up a few things or stocking up for the week, there are plenty of simple ways to save time and money. Just follow our grocery shopping tips!



Never shop on Sunday afternoons.



Always shop with a list.



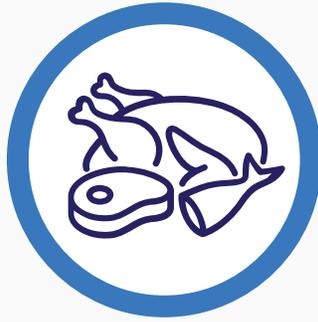
Plan out a weekly menu.



Grab perishable items from the back of the shelf.



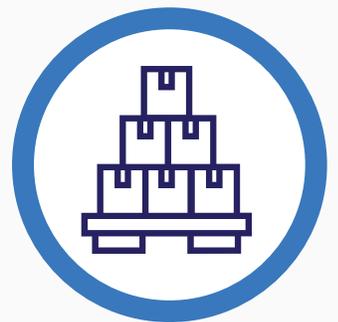
Shop alone.



Grab meat and dairy items last.



Use coupons and discount programs.



Buy in bulk when it makes sense.



Never shop hungry.



Have a budget.



Look at the sale ads before.



When there is a sale, stock up.



FOODS THAT FIGHT INFLAMMATION

Chronic inflammation has been linked to cancer, heart disease, diabetes, arthritis, depression, and Alzheimer's. Fight inflammation with a healthy diet.



Here are some foods that help lower inflammation.



FREE CAREGIVER HELP WITH TRUALTA

Trualta is a free web-based educational tool available for family caregivers that address real issues and provides in-depth lessons, practical steps, and guided support. Trualta helps caregivers learn about health issues, care techniques, and ideas for supporting their care recipient more confidently at home.

This content is available from any computer, tablet, or smartphone and is developed by licensed professionals. Lessons are intentionally short to meet the time constraints of busy caregivers.

Topics Include:

- Behavioral symptom management
- Safety and injury prevention
- Pain and medication management
- Moving and Transferring
- Nutrition
- Daily care
- Self-Care
- Local Resources

Provides information to caregivers to help support their journey; with new content added every month.





KEEPING TRACK OF YOUR MEDICATIONS

Many older people take multiple medications, and it can be challenging to keep track of everything. Here are some tips that can help:

01. Make a list. Write down all medicines you take, including over-the-counter drugs, vitamins, herbs and dietary supplements.

02. Get familiar with your medicines. If you take more than one medicine, make sure you can tell them apart by size, shape, color, or the number imprinted on the pill.

03. Secure your medicines. Keep your medicines out of the reach of others.

04. Check expiration dates on bottles. Do not take medicines that are past their expiration date.

05. Dispose of your medicines safely. Timely disposal of medicines can reduce the risk of others misusing them.



ASK YOUR DOCTOR:

When should I expect the medicine to start working? How will I know if it's working?

Is there a less expensive alternative? What medical condition does this medicine treat?

What is the name of the medicine and why am I taking it?

Will I need a refill? If so, will I need a follow-up appointment or other testing before I can refill the medication?

Will this drug cause problems if I am taking other prescriptions, over-the-counter medicines, or supplements?

What type of side effects might I expect, if any? What should I do if I experience serious side effects?

What should I do if I want to stop taking this medicine? Is it safe to stop abruptly?



In 2020, an average of 44 people died each day from overdoses involving prescription opioids, totaling more than 16,000 deaths.

If you or someone you know struggles with addiction call SAMHSA National Helpline:

1-800-662-4357



IMPROVE YOUR COMMUNICATION SKILLS

As a caregiver, you need to communicate with many people. You need to connect with family, friends, co-workers, employers, health care professionals, insurance companies and our care recipient.

CLEAR

Be clear about the goal and purpose of your message.



CONCISE

Keep to the point, and keep your message short and simple.



COHERENT

Make sure your message flows well and laid out logically.



COMPLETE

Ensure the recipient has everything they need to understand.



CONCRETE

Be clear! Provide details, but not too many details.



COURTEOUS

Your message should be polite, friendly, and open.



KEEP IN MIND:

- Be a good listener.
- Broach difficult subjects.
- Recognize what everyone is feeling.
- If at first, you don't succeed, try and try again.
- Talk openly about your fears, worries and needs.
- Respect the feelings and rights of others.

Use "I" messages rather than "you" messages.

By saying "I feel angry" rather than "You made me angry," you can express your feelings without blaming others, or causing them to become defensive.



IMPORTANT DATES

Powerful Tools for Caregiver

ALPENA SENIOR CITIZEN CENTER
AUG. 6, 2024 - SEPT. 10, 2024,
2:30 PM - 4:00 PM

VIRTUAL VIA ZOOM
OCT. 23, - NOV. 27, 2024
1:30 PM - 3:00 PM

VIRTUAL VIA ZOOM
FEB. 3, 2025 - MARCH 10, 2025,
1:30 PM - 3:00 PM

Diabetes PATH

ALPENA SENIOR CITIZEN CENTER
AUG. 7, - SEPT. 10, 2024,
9:00-11:30 AM

VIRTUAL VIA ZOOM
FEB. 4, 2025 - MARCH 11, 2025
1:30 PM - 3:30 PM

Dementia Caregiving Series:

DEMENTIA INFORMATION FOR EVERYONE: THURSDAY, SEPTEMBER 5, 2024, FROM 1:00 PM - 2:30 PM

ACTIVITIES FOR PERSONS WITH DEMENTIA: SEPTEMBER 12, 2024, FROM 1:00 PM-2:30 PM

DEMENTIA BEHAVIORS AND SELF-CARE: SEPTEMBER 17, 2024, FROM 1:00 PM-2:30 PM



BENEFITS OF DRINKING COFFEE



Regular coffee consumption may be linked to a lower risk of developing type 2 diabetes over the long term.



Coffee contains caffeine, a stimulant that is known for its ability to fight fatigue and increase energy levels.



Regular coffee consumption is linked to a lower risk of depression.



Drinking coffee may be linked to a decreased risk of death from chronic liver disease, along with other conditions, like liver scarring and liver cancer.



Drinking coffee could be linked to a lower risk of heart disease, stroke, and heart failure.



GETSETUP

Michiganders can now enjoy over 150 small group classes for FREE! These classes are designed to keep your mind active, allow you to engage with others, increase your ability to live independently, learn new things, and have fun!

Some topics include, but not limited to:

- Learning Devices (Ipad, Smartphones, Tablets)
- Learning Social Media (Facebook, Instagram)
- Online (Youtube, Zoom, Skype)
- Virtual Tours (Museum)
- Cooking
- Social Hours
- Meditation
- Caregiving Tips

Visit www.getsetup.io.

If you need help, email help@getsetup.io or call 1-888-559-1614



WHERE CAN I FIND MORE HELPFUL INFORMATION?

Region 9 Area Agency on Aging Special Projects Coordinator is available weekdays, 8:30 a.m. to 4:30 p.m. to answer your questions, register you for caregiver workshops, provide resources, and support you and your care recipient.

Contact Brooke at 989.358.4616 or mainvilleb@nemcsa.org