

REAL Caregiver News

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“We care about your well being!”

Inside this issue:

<i>Program Dedication</i>	2
<i>Weinberg Foundation</i>	2
<i>Federal News</i>	2
<i>Avoiding Stress</i>	3
<i>Medicare Plan D</i>	3
<i>Your Resource Center</i>	4

REAL Services’ Caregiver Connection Center

The Caregiver Connection Center is a program under REAL Services, Inc. that specifically serves caregivers for seniors and seniors (ages 60 and older) in the 46619 zip code.

This center is located at 317 S. Kenmore Street, South Bend, IN 46619 and is a resource center for various kinds of care support services. We use “person centered planning” to ensure that services are tailored to each eligible individual’s needs. Our services include case management, caregiver training, respite services (housekeeping and medical aid assistance), home modifications, lifeline services, and Adult Day Care for

people with dementia; all designed to keep loved ones in their homes safely.

The only requirements are that the care recipient live in the 46619 zip code and be 60 years or older!

But, the caregiver does not have to live in the 46619 zip code.

A caregiver is anyone who takes care of or looks after someone . . . from checking their mail, to cleaning, food preparation, lawn care, transportation, bill paying, picking up medications, bathing, or any on-going help given to support the



Carla Lowe, Pam Harris and Sarah Ressler

health and well-being of the care recipient. The caregiver can be someone who stops by or lives with their loved one.

The Caregiver Connection Center is looking for more clients who need us, so please phone us today at (574) 251-2590!

November - National Caregiver Month !!

November is National Caregiver Month and we’re celebrating big! We realize that being a caregiver often goes uncelebrated and we’re going to take Thursday, November 3rd out to say “thank you” to caregivers in our area.

Festivities will begin at the Caregiver Connection Center at 10:00 a.m. with guests and staff honoring caregivers. Afterwards the morning will be filled with sharing information that will help caregivers relieve stress and manage

their time to serve both themselves and their loved ones! Everyone is invited to come and celebrate National Caregiver Month with us. For more information, please phone (574) 251-2590. See you there!

Program Dedication and Partnerships

Real Services has the responsibility of planning, developing, implementing and administering a network of services that are of high standards, are known, available and used by older adults.

Our Area Agency on Aging which directs the Caregiver Connection Center Program values service, dedication, integrity and quality of life; and, strives to be the leader

in Person Centered Planning for Home and Community Based Care.

REAL Services and the Caregiver Connection Center staff are grateful to our major partners for making this much needed program a success: The Harry and Jeanette Weinberg Foundation, Community Foundation of St. Joseph County, Memorial Home Care, Saint Mary's College, Press

Ganey, City of South Bend, Layman Chapel Church, The Robert and Clara Milton Trust managed by Wells Fargo and Alzheimer's & Dementia Services of Northern Indiana.

It is with hearts of compassion we offer services to our citizens in the 46619 zip code. We look forward to serving as many caregivers as we can!

... Speaking of the Weinberg Foundation !

The Harry and Jeanette Weinberg Foundation is one of the largest private foundations in the United States. Their sole purpose is to assist financially disadvantaged and vulnerable individuals and families through nonprofit grants to direct-service pro-

viders and programs. The Foundation's major goal continues to be provision of help to older adults to live dignified, meaningful, and engaged

*"The aging aren't the old,
the aging are all of us."*
Alexandra Robbin

lives in the community and to maintain their independence for as long as possible. The Caregiver Connection Center is honored to be a partner with the Harry and Jeanette Weinberg Foundation.

U.S. Department of Health and Human Services

One year after the Affordable Care Act's Patient's Bill of Rights took effect, the U.S. Department of Health and Human Services released a report summarizing achievements of the health

reform law. The law has had many tangible effects in the lives of millions of Americans holding down insurance premiums and holding insurance companies more accountable. Through

the Affordable Care Act, 19 million seniors with Medicare have received new free preventive benefits while efforts to cut fraud have extended the Medicare Trust Fund by 8 years.

Tips for your health . . . Avoiding Stress

Caregiving for someone else can affect your emotional and physical health so it is important to recognize the signs of stress and get help with managing this right away. Some of the emotional signs may include: feelings of anxiety or depression, moodiness/mood swings, irritability, memory problems, feeling out of control, increased use of drugs or alcohol, and feelings of

isolation. Some of the physical signs, which can be easier to notice include: sleep disturbance, muscle pains, headaches, stomach problems, weight changes, hair loss, fatigue, chest pain, and a weakened immune system.

Some ways to combat this stress that caregiving can cause include: maintaining adequate rest, nutrition and exercise; seeking help from others (which may

be family, friends, church members or home care agencies); talking out your worries with a trusted friend or professional; and using time management strategies to stay organized. It is also important to see a doctor to address any physical symptoms you are experiencing so that these can be properly managed and monitored. Please call 574-251-2590 for more information.

Prescription drug costs got you down?

Do you believe your monthly premium for your Part D prescription drug plan is too costly or are you concerned about the costs of your medications?

Do you want to investigate other prescription drug

plans to be sure you have the best prescription drug plan available? Open enrollment for Medicare Part D prescription drug plans begins October 15th and runs through December 7th, 2011. This means that you can view all of the drug plans

currently available and select a new plan that best meets your needs. Carla, our SHIP insurance counselor, can confidentially review with you all of the Part D plans available to you **free of charge!**

Now . . . what you'll need to do for your Part D review !

Just call Carla at **574-251-2590** to schedule an appointment at the Caregiver Connection Center (317 S. Kenmore) between 1:30 p.m. and 3:30 p.m. on **select Fri-**

days: Oct. 21st & 28th; Nov. 4th, 11th, & 18th; and Dec. 2nd. In order to view all available plans, you will need to bring with you: (1) your red, white and blue

Medicare card, (2) a listing of all of the medications that you take, including dosage and frequency information, and (3) information about which pharmacy you use.

CAREGIVER CONNECTION CENTER

317 S. Kenmore Street
South Bend, IN 46619

Phone: (574) 251-2590 Fax: 574-968-3496 pharris@realservices.org

The ultimate objective of REAL Services is to assist in establishing a community in which those we serve can maintain their independence to the maximum degree possible and find meaning and satisfaction throughout their lives.



Caring is what we do!

www.realservices.org

We Are Your 46619 Resource Partners!

The Caregiver Connection Center would like to be your first stop for resource information for both your caregiver and general care needs for seniors ages 60 and older. As a designated center for REAL Services, we are the Area 2 Agency on Aging and the door of information and resources for your aging and care needs. Our Care Coordinators, Carla Lowe and Sarah Ressler are state trained and certified to help you find the assistance you need to care for and promote safety and independence in your home or community setting.

Along with personal and confidential case management, we offer caregiver trainings, and sup-

port and assistance with finding and identifying local options for your care needs.

We invite you to call on us today to see just how we can assist you with this valuable information or help to enhance your quality of life! No issue is too small nor is any issue too great for our Care Coordinators to research for you.



We care about your well being!

Keep our number handy (574-251-2590) or just stop in at 317 S. Kenmore Street, South Bend, Indiana.

Contact us today!

REAL Services' Community Services Block Grant Program will host it's 1st Annual

"Helping Hands. Changing Lives" **Award Luncheon**

Tuesday, November 1st at the Gillespie Convention Center at Hilton Gardens near Saint Mary's College. This luncheon will recognize those agencies, individuals and programs in Elkhart, Kosciusko, Fulton, Marshall and St. Joseph Counties who have dedicated their efforts to serving low-income populations. Tickets are \$25.00 per person at REAL Services or on our website: www.realservices.org. For more information, please phone (574) 284-7130.