



APRIL 2008 ISSUE

Newsletter

APRIL 2, 2008

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Dear Caregiving Friends

Jared Lee, MSW at Wahiawa General Hospital (Wahiawa Nursing Rehab Center) was born and raised in Kahuku. He graduated from BYU-Hawaii with a Bachelor in Social Work and then from UH-Manoa with his Masters in Social Work. Jared has been with WGH for 4 years and does consulting work with the Palolo Chinese Home in Honolulu. We are looking forward to hearing from Jared and learning more about how Social Work Professionals can make our Caregiving journey a little easier.

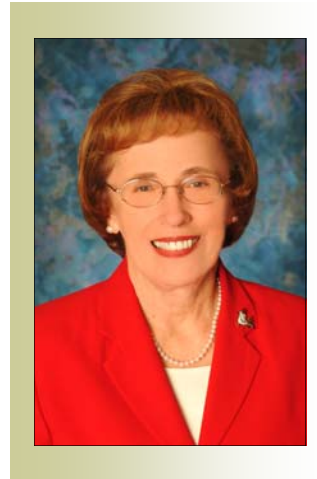
Community awareness on aging issues is increasing steadily. The TV

stations are featuring various programs on Caregiving and the print media continues to emphasize the role Caregivers have in Hawaii's aging society.

And with increased awareness comes the inevitable increase in opportunistic and unethical business practices and an increase in outright fraud that targets the elderly. Be vigilant in protecting those you care for from scams and questionable business endeavors.

Summer Months usually bring on warmer weather so take care with sun protection and dehydration for yourself and for the loved ones in your care.

Marilyn B. Lee



Marilyn B. Lee

Next Meeting

April 10

7-9 PM

Speaker—

Jared Lee MSW

Wahiawa General Hospital Long Term Facility—2nd floor

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CAREGIVER FITNESS

What a valuable and fun time we had

at the last meeting with Faye Bronstein, a rehabilitation therapist at the Hawaii Rehabilitation Hospital of the Pacific! Faye spoke with us about the need to use our bodies carefully and

maintain good exercise regimes. All too often, she told us, the caregivers are giving out physically and becoming unable to care for their loved ones. She shared with us some practical and



Faye Bronstein and Ethel Yamamoto

(cont. from pg 1)

simple exercises to help keep us in shape and not in pain!

Faye brought us to the realization that taking care of ourselves makes it possible for us to take better care of those we love.

Exercise promotes better sleep, reduces tension and depression and increases energy and alertness. If finding time for exercise is a problem, you may have to do short exercises or try having your loved one join you in exercising. Learn your own limits to avoid injury.

LEGAL HOUSE CALLS

We all know how important it is to have legal documents and financial papers signed properly and often we are faced with the need to have those signatures verified by having them legally “notarized”. And sometimes, finding the right time to get to a bank, making sure the right person is actually at the bank and getting our care recipient there—all at the same time—can be significantly difficult.

That is where THE MOBILE NOTARY* might be of help to you. This company will bring notary services right to you in your own home, any day of the week and any time needed. Cindy Minakami can be reached at 484-1579

It is always advisable to have legal, financial or tax documents prepared in consultation with your professional advisors,

Free admission at the Hawaii Convention Center for the 42nd Annual Senior Recognition Program. On Friday, April 11, 2008 from 9:00-11:30 AM the Elderly Affairs Division of the City and County of Honolulu and the Office of the Mayor will present some of Oahu’s outstanding community seniors. Join with others who come out to celebrate and show appreciation for these special people.



CPA’s and Attorneys and advanced health care directives do not *require* notarization. But there are other documents you might want to notarize and Cindy’s service could make it easier for you to accomplish the task.

In the United States, it is now possible for a person eighteen years of age, female as well as male, to graduate from high school, college, or university without ever having cared for, or even held, a baby; without ever having comforted or assisted another human being who really needed help. . . . **No society can long sustain itself unless its members have learned the sensitivities, motivations, and skills involved in assisting and caring for other human beings.**

- *Urie Bronfenbrenner*

SENIOR IDENTITY THEFT SCAMS

Watch out for a new scam targeting seniors! It’s called the “Social Security Scam” and usually begins with a telemarketer trying to get bank account numbers and social security information by posing as a government representative. Very often the caller will say he is an employee of the Social Security Administration and tells the senior they are due to receive new medical cards. Then they ask to verify some personal information—and that is where the damage is done.

Seniors are particularly vulnerable to this sort of scam since very often they do not keep close watch on their bank accounts and credit reports.

Identity theft experts warn that seniors are most vulnerable to ID theft by members of their own family or circle of close friends. When these incidents occur, the tendency is to try and resolve the problem internally and often at the loss of substantial amounts of money.

Help protect your loved ones by keeping watch over financial affairs or helping them use the asset management services of a professional organiza-



Caregiving 101



Let's take a nap! It's turns out that a regular nap may be a very

healthy habit to have. An Israeli study has found that 90 minute day-time naps helps with long-term memory retention. They don't understand why the nap helps but function with long term memory (the kind that holds information on what has happened and how to do tasks) was significantly enhanced. [Nature Neuroscience]

As if we ever really need another reason to **enjoy chocolate**—well here is one anyway: it appears to improve blood flow. Researchers at Japan's Chiba University studied chocolate and concluded that only dark chocolate has this property. [reported at the American Heart Association annual meeting 2007]

Alzheimer's patients can now receive the drug Exelon via a **transdermal patch** instead of capsules. This may be a real help to patients who have difficulty swallowing or those who suffer from intestinal upset which appears to be a common side affect of the capsule form.



Seniors considering a **reverse mortgage** are advised to consider very

carefully the cost and potential

problems inherent in this type of loan. With an upfront cost ranging upwards of \$14,000 on average, and the regulations on repaying the loan being tied to your being resident in the home, there may be less expensive and still effective ways to allow use of home equity that are more cost friendly.

Respite Robot? South Korea has some 300 scientist at work on developing programmable robots to aid with senior care. The Korea Institute of Science and Technology is developing units that will have the capability of monitoring health conditions, washing dishes, summoning emergency help and actually providing "companionship". Look for models to begin appearing around 2013.



April 16 has been designated the first **Health Care Decisions Day**. This is a nation-wide effort to raise awareness of the need for advance health care planning with living wills or advance directives. Many organizations are combining efforts in this promotion.

www.nationalhealthcaredecisionsday.org

SPRING CLEANING AND CAREGIVING

Spring is the traditional time to Spring Clean! And what better reason to tackle the need to organize and deep clean than blaming it all on Spring Fever? Here are some tips from The Caregiver Foundation on Bathrooms:

- Remove everything from cupboards, under sinks, on floors and counters.
- Vacuum all surfaces and then spray with a strong disinfectant or use a steam cleaner to eliminate mold and mildew that has built up over the Winter.
- Replace soap dishes in shower with wall dispensers for liquid soaps and shampoos.
- Be sure grab bars are installed properly and can handle weight safely.
- Increase lighting to eliminate shadows (consider installing a motion sensor to activate the light automatically at night)
- When replacing items in cupboards, eliminate 1/3 of everything. Fewer towels, fewer wash clothes etc.
- Do not store medications in the bathroom. Use a secure medicine storage container.
- Be sure showers and tubs have non-slip flooring.
- Have an emergency call system in the bathroom.

Visit ARCHIVE for past meeting
notes
www.wypress.com/care

Central Oahu Caregivers' Support Group
PO Box 893711
Mililani, HI 96789

Pass this along to _____

COCGS does not endorse any of these organizations.
This information is provided for your resource use only.

ON-LINE RESOURCES FOR CAREGIVERS

Arthritis Assistance

<http://allaboutarthritis.com>

Information about types of arthritis, pain management, treatment options, FAQs and personal tools.

Care Giving Community

<http://www.eldersearch.com>

Support for caregivers and information available in your areas. A good site for problem solving and geriatric care.

Benefits for Seniors

<http://www.benefitcheckup.org>

Service that identifies federal and state assistance for your particular situation.

Senior Store

<http://www.seniorstore.com>

On-line store includes: clothing, books, video, music and nostalgia. Also featured, household items, gift baskets and more. A unique shopping site.

Senior Housing Net

<http://www.seniorhousing.net>

A comprehensive guide to retirement communities, assisted living residences, Alzheimer's facilities and nursing homes nationwide.

Transitions, Inc.

<http://www.asktransitions.com/index.html>

Elder Care consulting - tips and tools, family resources services.

Administration on Aging

<http://www.aoa.dhhs.gov/aoa/webres/craig.htm>

A directory of web sites on aging.

The Gerontology Foundation

<http://www.healthandage.com>

Interactive center between the public and the professionals.

Access America for Seniors

<http://www.seniors.gov>

News magazine reporting on the issues of aging.

Administration on Aging

<http://www.aoa.gov>

Sites on Adult Day Services, Ageism, Assisted Living and much more.

Indiana Association for Home Care, Inc.

http://www.ind-homecare.org/pages/independent_living.html

A Guide to Independent Living.

Administration on Aging

<http://www.aoa.dhhs.gov/elderpage.html>

Extensive information for Older Persons and their families.

Dr. Koop

<http://www.drkoop.com>

Former Surgeon General provides a medical community on line.

American Association of Retired Persons

<http://www.aarp.org>

Advice from the nationally-known agency.

Seniors Site

<http://www.seniors-site.com/index.html>

Message boards for illness, pets, drugs, housing and more.

Life Extension Foundation

<http://www.lef.org>

Information on medical discoveries and research.

Meals on Wheels

<http://www.projectmeal.org>

Information on the Meals on Wheels closest to your area.

Homecare Online

<http://www.nahc.org>

Extensive guide to home care and hospices, advice on how to choose an agency.

Elder Care Resource

EldercareHawaii.com

Web based information portal— Tries to coordinate timely information and act as a central site for Hawaii-based Care groups.

Senior Resources

<http://www.seniorresource.com>

Resources by state, retirement, finance, insurance and care.

National Alliance for Care Giving

<http://www.caregiving.org>

Care Guide

<http://www.careguide.net>

Personal care giving resource for directories, articles, newsletters, tools and more.

Age Page

<http://www.agepage.com>

Caregiver's resource guide and lots of information.

Senior Options

<http://www.senioroptions.com>

Free guide to senior services including living facilities, care centers, home health services, and hospices everywhere in the USA. Listed by state and city.

Estronaut

http://www.estronaut.com/a/elderly_mental_health.htm

Mental health concerns in the elderly.

Web MD

<http://www.webmd.com>

The online doctor is IN.

Catholic Charities Hawaii—Community Services for Hawaii.

<http://www.CatholicCharitiesHawaii.org>