



Resourceful Thinking

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SEVERAL PROGRAMS SCHEDULED FOR NOVEMBER; MANAGING YOUR STRESS AS THE HOLIDAYS APPROACH



PROGRAM ON RETIREMENT

On Saturday, November 12, 2016, we will offer “Turn, Turn, Turn – There is a Season for Retirement” with special guest presenter Jeanette Wojcik, retired Executive Director of Faith in Action Caregivers Inc / consultant. As important as our finances and benefits are, there is more to consider in retirement. This program will address the “other” aspects of retirement planning: our attitude, health, relationships and spirituality. The program will run from 9:00 am – 11:00 am with sign in starting at 8:30 am. The program will be held at First Christian Church, 1343 National Road, Wheeling. Parking is available and refreshments

will be served. Reservations are required and must be made by November 11. Call us at 304 243-0996 to reserve your seat.



“CHOOSING WISELY” RESCHEDULED

On Monday, November 14, Lisa Diehl of West Virginians for Affordable Care will present “Choosing Wisely” a program that is a national initiative to educate providers and patients on the appropriate use of health care services. More than 250 tests, procedures and drugs have been identified as having low value, and all of these low value tests have been selected by a health care provider organization based on current clinical evidence. Come and learn about these tests, procedures and drugs

which will help communication with your primary care provider. The program will run from 1:00 pm – 2:00 pm with sign in starting at 12:30 pm. Reservations are required and must be made by November 10. Call us at 304 243-0996 to reserve your seat! (This program was originally scheduled for October 13.)



MEDICARE OPEN ENROLLMENT PROGRAM

Altenheim Resource Services is offering “Medicare Open Enrollment Information”, a program that will focus on Medicare Part D plans and Medicare Advantage plans on Tuesday, November 15, at First Christian Church, 1343 National Road, Wheeling from 1:00 pm –

3:00 pm. Our guest speaker will be John Forsyth of Citywide Insurance. There are no continuing education credits with the program which is a repeat of the October 20 program. Now is the time to review your existing Part D product or Medicare Advantage product. Have premiums gone up? Do you have deductibles? Has the drug formulary changed? It's important to review your options and do some shopping for 2017. Compare and see if you need to make any changes! Call me at 304 243-0996 or email me at akoegler@frontier.com to reserve your seat.



We are faced with stress on many fronts. There are many causes of stress, and stress is very individual. What bothers you may not elicit a reaction from me. Also, stress can impact each of us in different ways. Some people have headaches, some have stomach distress, some have back and shoulder pain, and other people may get moody, withdrawn or weepy. We need to be able to identify our stressors and work to control stress

rather than letting stress control us!

Many of us still work and try to fit everything into our lives: our families, our home responsibilities, our elderly care receivers, our church, our jobs (and all that entails) while trying to stay healthy and whole. Sometimes it doesn't work that way.

Stress...during the holidays

As we roll into November, we can see Thanksgiving and Christmas looming. Shopping, cooking, greeting cards, gift wrapping, visits with friends, and quite possibly...caring for an older relative. Can we still do it all? Do we NEED to? What triggers holiday stress?

*Be aware that unhappy memories can trigger stress. The holidays can bring out memories and situations that are unpleasant.

*The holidays can highlight things that have changed in your life: death, divorce, family changes.

*Conversely, it can be the monotonous sameness that is stressful and depressing.

*What about those relatives that you avoid the rest of the year? Holiday gatherings may involve being with relatives that are toxic.

*During the holidays, you're more likely to be stressed out by obligations and errands. Your immune system is under assault. It gets dark earlier. You may be eating worse, sleeping less and drinking more. Here are some hints for combating holiday stress.

*Be realistic. Maybe the holidays won't be like they were in the past. Traditions and rituals may change.

Choose a few to hold on to and be willing to create new traditions. Perhaps this is the year that you just don't have the time or the energy to keep every family tradition.

*Stick to a budget. Before you go shopping, decide on how much you can spend, then stick to it!

*Plan ahead. Set aside specific days for baking, visiting and other activities. Make lists.

*"KNOW" when to say "NO". Saying "yes" when you should say "no" can leave you feeling overwhelmed and resentful.

*Don't abandon healthy habits. Get plenty of sleep. Have a healthy snack before holiday parties so you don't overindulge in sweets, cheeses and drinks.

*Take a breather. Make some time for yourself. Even 15 minutes without distractions will help you regroup and refresh.

*Essential oils may help boost your mood. Try a dab of lemon or orange essential oil on a handkerchief and put it in your pocket. Take a whiff when you need a boost.

*The fleshy place between your index finger and thumb is called the hoku spot in traditional Chinese medicine. Applying firm pressure there for just 30 seconds can reduce stress and tension in your upper body.

*Don't forget to laugh! Laughter is healthy and good for us! Stress hormones are reduced with laughter and your immune system is boosted.

*Despite all your best efforts, you may find yourself feeling persistently

sad or anxious, unable to sleep or eat, and unable to face the routine. If these feelings last a while, talk to your doctor or mental health professional.

Stress....at work

We often have to prioritize in our lives and quite often, our work is a priority. We may be too young to retire or we may not have the finances. How can we make our work lives a little less stressful? Here are some ideas!

*What causes you the most stress? Make a list of things that regularly create stress, and see how you can deal with the items on your list. Can any of the causes be eliminated or modified?

*Pay attention to time management. Use your time wisely. Make lists to keep you on track.

*Be aware of black and white thoughts. Life is seldom black and white, and reality often flows in shades of gray. Try to avoid “always” and “never” and other absolutes in your thinking.

*Learn to relax. It may take some practice! Read, listen to music, meditate. Do whatever you can squeeze into your daily routine to help you relax.

*Don't bottle up your emotions. If you feel stressed and overwhelmed, talk to a friend. Seek out a therapist. It is not a sign of weakness to get overwhelmed by life's challenges.

*Try to balance work and play. It may be difficult to find that bit of “me-time” but it is important to do things for yourself. Can you fit in lunch with friends? Can you rent a

movie and enjoy some escape time?

Sometimes our coworkers can be sources of stress. Consider what you can do on the worksite to help facilitate smoother functioning.

*Trust: be a model of trust and reliability. We need to rely on our coworkers as we work together to achieve our common goals.

*Attitude: try to keep and demonstrate a positive attitude. It may be difficult at times but focusing on the positive benefits you, your coworkers and your consumers.

We spend a lot of time at our jobs. What can you do to make the work time more enjoyable and less stressful?

Stress...while caregiving

Providing care to a loved one is difficult and can be more challenging during the holidays. Here are some tips to help with general caregiving stress as well as the heightened stress of the holidays.

*Know what resources are available to you. You can call us at Alzheim Resource Services for information on service options or aging information.

*Be an educated caregiver. You may need to learn about a disease process or how to best help your loved one. Perhaps you need information on Medicare, Medicaid or estate planning issues.

*Get help. Enlist the assistance of family members and friends who are willing to help. If there is no family, there are agencies that can help.

Perhaps friends have offered help. Give them an idea of how they can help. People generally will not offer to help unless they are willing to provide assistance. Perhaps they can pick up a prescription or sit with your loved one for an hour. Accept the offer!

*Be aware of your limitations (time, energy, finances).

* Write down how you feel. Many people find journaling helpful and a good way to sort out thoughts. (Journaling can be helpful for other of many of life's circumstances.)

The holidays may drive you to your breaking point, but try not to focus on the bad. Negative thinking can trigger your body's stress response, just as a real threat does. Remember, it's time to celebrate with your family and friends (even if they do stress you out!). An optimistic outlook will help you cope with challenges that come your way.

[Sources: Alzheimer's Care Guide, Sept Oct 2016; www.mayoclinic.org; www.webmd.com; and www.health.com; www.alz.org]

SOME AGING FACTS

*Persons 65+ constituted approximately 18% or more of the total population in three states in 2014: Florida (19%); Maine (18%); and West Virginia (18%).

*The 85+ population is projected to triple from 6.2 million in 2014 to 14.6 million in 2040.

*Social Security constituted 90% or more of the income received by 35% of beneficiaries in 2013 (21% of married couples and 46% of non-married beneficiaries).

*Persons reaching age 65 have an average life expectancy of an additional 19.3 years (20.5 years for females and 18 years for males).

*In 2014, 22% of persons 65+ were members of racial or ethnic minority populations—9% were African-Americans (not Hispanic), 4% were Asian or Pacific Islander (not Hispanic), 0.5% were Native American (not Hispanic), 0.1% were Native Hawaiian/Pacific Islander, (not Hispanic), and 0.7% of persons 65+ identified themselves as being of two or more races. Persons of Hispanic origin (who may be of any race) represented 8% of the older population.

*Older men were much more likely to be married than older women—70% of men, 45% of women. In 2015, 34% older women were widows.

*About 29% (13.3 million) of noninstitutionalized older persons live alone (9.2 million women, 4.1 million men).

*Almost half of older women (46%) age 75+ live alone.

*In 2014, about 554,579 grandparents aged 65 or more had the primary responsibility for their grandchildren who lived with them.

[Source: AoA, Profile of Older Americans 2015, www.aoa.ad.gov]

BETHANY COLLEGE'S FALL SYMPOSIUM

“disAbility in Health & Human Services” is the theme for the 2016 Fall Symposium to be held November 3 & 4, 2016 at Mountainside Conference Center in Bethany, WV. This year’s symposium will focus on issues faced by practitioners serving those with special needs and methods for strengthening and improving our practice. Continuing education credit is available for social workers and nurses. You can check out conference details at: [http://www.bethanywv.edu/files/6614/7327/1328/Registration Program 2016-PDF.pdf](http://www.bethanywv.edu/files/6614/7327/1328/Registration%20Program%202016-PDF.pdf) or call Kathy Shelek-Furbee 304 829-7189.

CAREGIVER SUPPORT GROUP

The Wheeling-Ohio County Caregiver Support Group continues to meet with facilitator Chris Gillis. The meetings are held on the **LAST THURSDAY OF THE MONTH** at 6:00 pm and offer support to those caring for a loved one with cognitive impairment. The group is an open group. For information, call Chris at 304 780-6504. You are not alone. For additional support group locations, contact your local Alzheimer’s Association office or call the hot line at 1 800 272-3900.

WALK TO END ALZHEIMERS

The Annual Wheeling Walk to End Alzheimer’s was held at Wheeling Park on October 15, 2016. We would like to thank the WV Alzheimer’s Association (with special thanks to Kaarmin Ford and Bethany Hall), our opening speaker Randy Forzano, Rebecca Broadwater Jazzercise warm-up, Wheeling Park, our walkers and teams, our donors and sponsors, the Wheeling Jesuit wrestling team, the Wheeling Eagles Charity Riders, Perkin’s Restaurant, and everyone who worked so hard to make our Walk a success. If you are interested in joining the Walk’s Steering committee, call Ann at 304 243-0996.

LET US HELP!

Altenheim Resource & Referral Services can help!

*Free confidential assessment

*Free confidential consultation

*Information on aging & caregiving

*Community programs

*Professional workshops

*Our newsletter is published every other month. We’ll be happy to send you a hard copy or an email copy. You can also read our newsletter on our website.

Contact us at 1387 National Road, Wheeling WV 26003, 304 243-0996 or akoegler@frontier.com.

*YOUR GATEWAY TO
SENIOR CARE!*