

UNDERSTANDING MEMORY LOSS: STRATEGIES FOR SUCCESS

The Alzheimer's Association Annual Education Conference is scheduled for **Wednesday, April 7, 2004** at California State University, Sacramento. This one-day conference is for family caregivers and professionals involved in the care of persons with Alzheimer's disease and other related dementias.

Keynote speakers include Dr. Michael K. McCloud, Geriatrician with UC Davis Medical Center, who will present the latest developments in research and Dr. Alice Jacobs, founder of Brain Gain, who will provide exercises to help maximize our memories. Other workshop topics include—Pain Management, Intimacy and Dementia, When the Diagnosis is not Alzheimer's—Other Dementias, Nutrition, Behavior Management, Stages of Alzheimer's and Care Issues.

For more information or to register, call the Alzheimer's Association at **1- (800) 660-1993**.

RETIRING THE CHAMP

Do not miss this wonderful opportunity to gain insight into your role as a caregiver through the age-old art of storytelling. Retiring the Champ, was written by Judith Black, one of our nation's foremost storytellers. In dramatizing the story of her own family's encounter with caring for their elderly mother, she gives us glimpses of ourselves and our own families. In doing so she runs the emotional gamut between tears and laughter, bringing us with her on one of life's most challenging journeys.

In joining us for this premiere event in Lodi, you will gain perspective, learn how to better deal with the elder care establishment, gain deeper understanding of family relationships, and enhance your spiritual development.

This **FREE** event will be held on **Wednesday, April 28, 2004 from 8:30am to Noon** at Hutchins Street Square, 125 South Hutchins Street in Lodi. To register, please call **(209) 369-6921**. This program is funded in part by the San Joaquin County Department of Aging through the National Family Caregiver Support Program.

DID YOU KNOW:

- *June 14-20, 2004 is National Men's Health Week.*
- *This week is designed to provide heightened awareness of preventable health problems and encourage early detection and treatment among men.*
- *To find out more information about National Men's Health Week, visit www.menshealthweek.org.*

INSIDE THIS ISSUE:

DIRECTOR'S MESSAGE	2
NATIONAL COUNCIL ON AGING SURVEY	3
DONATIONS / PARKINSON'S BENEFIT	4
EDUCATIONAL	5
SUPPORT GROUPS	6
IMPORTANT LEGISLATION	7
ON-LINE RESOURCES	8
LEGAL & SJ COUNTY WORKSHOPS	9

DIRECTOR'S CORNER

JANET E. CLAYPOOLE, MSW

As we embrace the warm (and windy!) weather of Spring and get out and about in the community, Del Oro has many local events planned to educate and appreciate caregivers. This issue of *Pathways* highlights events and information that educate and support caregivers and their families. Please take advantage of these seminars, which include the *Understanding Memory Loss: Strategies for Success* seminar cosponsored with the Alzheimer's Association, Dementia Workshop in El Dorado county, Legal workshops in Yolo, Yuba, Sutter, and Sierra counties, monthly Caregiving workshops in Colusa county, and caregiver classes on different topics throughout San Joaquin county funded by Area 11 Agency on Aging. These events are focused on educating caregivers and connecting them with resources and support. Please see details about these events throughout this newsletter.

Del Oro CRC is also collaborating on an educational series with Catholic Healthcare West by sponsoring "One Step at a Time," funded by CA Department of Mental Health. This is a 4-part series for Caregivers and Support Persons of Traumatic Brain Injured Survivors. Each of these classes will focus on different aspects of managing the care of a TBI Survivor. Topics include: The Journey: Basic Introductions to Brain Injury; Creating a Map: Organization & Time Management Strategies; Community Resources for Caregivers and Support Persons of TBI Survivors; and Surviving the Trip: Caring for Yourself. Please call Del Oro at (916) 971-0893 to register or receive a copy of the brochure and benefit

from this special event.

Caregivers will also benefit from additional services funded by San Joaquin County Department of Aging, Area 11 Agency on Aging this Spring. Over 20 caregivers will receive limited respite care to help relieve them of the daily care of their loved one and provide a well-deserved break for caregivers. If you are in need of respite care and are caring for a cognitive or physically impaired older adult (60 years and older) in San Joaquin county, please contact us for support and information about respite services.

Spring also brings the final quarter of the fiscal year for Del Oro CRC and many other state-funded agencies. As we complete our work for family caregivers for this fiscal year, we also focus on the impending state budget crisis that affects next fiscal year's funding. Last year the budget was not signed until August and Del Oro had to suspend and limit many services for caregivers throughout our 13-county region. The services impacted included educational seminars, support groups, counseling for caregivers and their families, legal/financial consultations with attorneys, and respite care. Del Oro is hopeful that the July 2004-June 2005 budget will pass in a timely manner, and we will keep you alerted to any support needed to protect caregiver programs and other critical services to caregivers, cognitively-impaired adults, and the frail elderly.



GIFTS FROM THE HEART

Ruby Cacy
Christina Duff
Robin Fox
Luella Hartbower
Loretta Nazario
Duane Nelson
Myrna Plumlee
Rose Tanghetti
Salle Saunders
Margaret Terra
John Valenciano

In Memory/Honor of Hobert Baker
Elizabeth Wilson
Louis Land
Kathryn Brown

In Memory/Honor of Clifford Caluse
Margaret MacDonald

In Memory/Honor of Sanaye Yokota
Virginia Huie
Fai Lim
Betty Noguchi
Nancy Yim

DISCONCERTING SURVEY



A recent survey by the National Council on the Aging (NCOA) showed that older Americans understand that those who have had a stroke are at greater risk for having a future one. The survey also discovered that these same people are not exercising, quitting smoking, watching their diets and taking other possible steps to protect their health.

The survey also found that many Americans don't know much about stroke. Almost 90 percent of survey respondents misidentified excessive stress as a risk factor for stroke. Others incorrectly listed overexertion, dehydration, asthma attacks and constrictive clothing as risk factors. A majority of respondents also mistakenly selected shortness of breath and heart palpitations as stroke symptoms. Nearly two-thirds of those surveyed failed to recognize the age range—65-plus—most affected by stroke.

Although two-thirds of all strokes occur in that age range, only 12 percent of those surveyed in this age group indicated they were most concerned about a stroke, given the choice of other serious conditions such as Alzheimer's disease and diabetes, both of which result in fewer fatalities. Additionally, 75 percent of seniors surveyed said they have never talked to their doctor about stroke risk.

To help educate the public, NCOA has developed a "Stroke Survival Tip Sheet" that provides essential information for reducing stroke risk and making a home "stroke prepared." Easy-to-follow pointers such as "keep a phone on a low table" and "provide a neighbor with a list of emergency numbers," are included. You can access it at www.ncoa.org.

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WHAT INSPIRES YOU?

"Begin each day reminding yourself of all things that are right with your life. And at the end of the day, you'll find even more."

- Ralph Marston

A dose of motivation helps us to cope with the challenges we face daily, giving us strength and reinforcing our beliefs in our abilities. It can help lift your spirits, restore your confidence as a caregiver and ignite your creative energy.

Is there a passage or quote that inspires you as a caregiver? We welcome your submissions and encourage you to help inspire other caregivers along the way! Please send your submissions to Michelle Nevins, *Pathways* Editor, Del Oro Caregiver Resource Center, 5723A Marconi Ave., Carmichael, CA 95608, or via email to mnevins@deloro.org.

Look for a dose of motivation and inspiration in future editions of *Pathways*!

Calling All Cars!

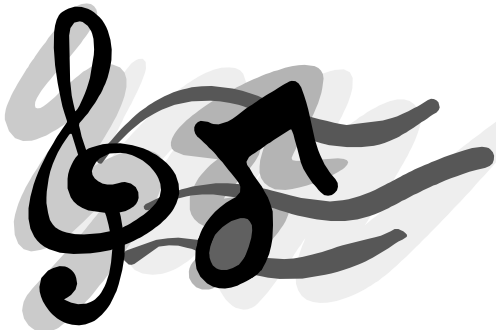
Did you know that Del Oro Caregiver Resource Center is now able to accept used car donations in California through the not for profit corporation, Cars 4 Causes? They handle all the paper-work, title change, free pick up and sale of the car. Receive a tax deduction for the fair market value of your vehicle. For more information call Cars 4 Causes at 1-800-766-CARE or Del Oro Caregiver Resource Center at 1-800-635-0220.

Cars 4 Causes

The Charity that gives to Charities



1-800-766-CARE



SWEET JAZZ—A BENEFIT TO FIND A CURE FOR PARKINSON'S

The Parkinson Association of the Sacramento Valley is pleased to announce the return of Sweet Jazz, a benefit to raise money for Parkinson's research. The event will be held on **Saturday, April 24, 2004**.

A number of unique items will be auctioned off during both the live and silent auction, including art work, theater tickets, sporting events and more. The event features live entertainment by Dr. Bach and The Jazz Practitioners. Light refreshments and decadent desserts will be served.

Tickets are \$30 in advance and \$35 at the door. Contact the Parkinson Association of the Sacramento Valley at

(916) 489-0226 for more information. To see a list of the auction items available visit their website at www.parkinsonsacramento.org.

This special event will be held at the Scottish Rite Center at 6151 H Street in Sacramento. The doors will open for previews at 12:00 Noon, entertainment and auction will be held from 1:00—4:00 PM.

EDUCATIONAL PROGRAMS FOR CAREGIVERS

There are many different training programs occurring throughout Del Oro CRC's service area. The following is a list of events that Del Oro is co-sponsoring or helping to promote. Please contact the designated phone number listed after each event for further details.

“Memory Loss, Forgetfulness, Alzheimer's Disease—How Do I know Which One It Is?”

Don't miss this free, informative seminar where you will receive an explanation about the difference between normal memory loss and Alzheimer's as well as tips on how to keep your memory active, vital and young.

Thursday, April 8, 2004 from 10:00AM—12:00 Noon at the Davis Branch Library, 315 E. 14th Street in Davis. If you need someone to care for your loved one so that you may attend, limited in-home care is available. Please indicate your need for respite care when registering. For more information call Del Oro Caregiver Resource Center at **(800) 635-0220**.

Understanding Dementia

Dementia is not a normal part of the aging process and special arrangements and support are available for families who are providing care for a loved one at home.

Monday, April 12, 2004 from 10:00—11:30 AM at FREED, 508 J Street in Marysville. For more information call Angie Perez at FREED **(530) 742-4474**.

“Difficult Conversations About Difficult Decisions”

When caring for a loved one with a chronic illness, you and your family may eventually face some difficult decisions about end of life concerns. You will learn ways to start these difficult conversations, themes and topics that are important to include and a framework for guiding your decision-making.

Friday, April 16, 2004 from 1:30-3:00 PM at the Placerville Senior Center, 937 Spring Street in Placerville. For more information call **(530 621-6180)**.

“Medical and Financial Decision Making”

The legal aspects of making medical or financial decisions for loved ones can be confusing and challenging. Learn about powers of attorney, completing necessary documents such as wills, trusts, probate, and choosing agents to uphold your wishes.

Wednesday, April 21, 2004 from 1:30—3:30 PM at the Colusa Senior Center, 901 Park Hill Street in Colusa. For more information call Rick Thompson at the Colusa Senior Center, **(530) 458-5030**

Understanding Dementia Behavior”

Understand your loved one's ability to communicate and find out how behaviors actually communicate a message. Learn new ways of approaching people with Dementia and the skill of handling troubling behaviors.

Wednesday, May 12, 2004 from 1:30—3:00 PM at the Colusa Senior Center, 901 Park Hill Street in Colusa. For more information call Rick Thompson at the Colusa Senior Center, **(530) 458-5030**.

“Dementia: Prospecting For Answers”

An educational workshop for family caregivers and professionals who are affected by individuals who are suffering from Dementia. Keynote sessions include an overview of Dementia, including research and treatment and pain management in people with Dementia. Additional topics of interest are offered during breakout sessions.

Saturday, May 15, 2004 from 8:00 AM—3:30 PM at the First Baptist Church of Placerville, 2600 Cold Springs Road in Placerville. Cost is \$10 in advance, \$15 at the door. CEU's are available for professionals. For more information call Del Oro Caregiver Resource Center at **(800) 635-0220**.

“Memory: The Long and Short of It”

You may have experienced “senior moments” or tip of the tongue syndrome. Explore why these occur and what you can do about it. This interactive workshop will cover current scientific information about memory, including the components of memory, how memory changes with age and tips/techniques for improving memory.

Tuesday, May 18, 2004 from 6:30—8:00 PM at the UC Davis Cancer Center Auditorium, 4501 X Street in Sacramento. For more information call **(916) 734-6441**.

AREA SUPPORT GROUPS

The following are just a few of the support groups available in the 13 County Service Area of Del Oro Caregiver Resource Center. Please contact us at **(800) 635-0220** if you would like a comprehensive list of support groups.

Adult Children with Aging Relatives Support Group

Lodi
2nd Wednesday 4:30 PM
Hutchins Street Square Senior Center
125 S. Hutchins Street
Terri Whitmire, MA 209/369-6921

ALS Support Group Sacramento

3rd Saturday 10:00 AM
Kaiser Permanente
2025 Morse Avenue
916/979-9265

Alzheimer's Disease Support Group Roseville

2nd Tuesday 7:00 PM
Somers Park
1 Somers Ridge Dr.
Taryn Benson 916/773-5955

Alzheimer's Disease Support Group Jackson

4th Wednesday 10:00 AM
Senior Center
229 New York Ranch Rd.
Laurie Webb 800/540-3340

Caregiver Support Group Auburn

2nd Thursday 1-2:30 PM
Health For All ADCRC
4065 Grass Valley Hwy., #206
Kelly Langenour 530/885-2655

Caregiver Support Group West Sacramento

1st Thursday 1-3:00 PM
West Sacramento Senior Center
664 Cummins Way
Peggy Phelps 530/681-2054

Caregiver Support Group Roseville

3rd Friday 9:00 AM
Maidu Community Center
1550 Maidu Drive
Joni Trykar 916/781-1559

My Time Caregiver Support Group

Placerville

1st Friday 1:30-3:00 PM
Placerville Senior Center
937 Spring St.
530/621-6120

Family Caregiver Support Group Georgetown

4th Tuesday 3 PM
Fire Station No. 61
6281 Main Street
El Dorado FCSP 530/621-6151

Diabetes Support Group Roseville

1st Friday 10:00 AM
Maidu Community Center
1550 Maidu Drive
(800) 488-4308 x 7164

Dementia Support Group for Caregivers Roseville

3rd Thursday 1:00 PM
The Church of Jesus Christ of Latter Day Saints
615 Clarice Lane
Faye Roskelley 916/783-8090

Family and Friends of Aging Adults Carmichael

2nd Thursday 6:00 - 8:00 PM
Eskaton Adult Day Healthcare Center
5105 Manzanita Ave.
Eskaton 916/334-1072

Depression Management Support Group Auburn

Every Thursday 2:00 - 3:30 PM
Placer Independent Resource Services
11768 Atwood Rd., Suite 29
PIRS 530/885-6100

Head Trauma Caregivers/Families Support Group Sacramento

Every Thursday 7:00 - 9:00 PM
Easter Seal Society
3205 Hurley Way
Holly Bleasdale 916/734-3467

Huntingtons Disease Support Group Sacramento

2nd Wednesday 7-8:30 PM

UCD Medical Center, Cancer Cntr.
4501 X Street
Susan George 916/971-0893

NEW! Woodland Parkinson's Disease Support Group

4th Tuesday 1:00 PM
Woodland Senior Center
630 Lincoln Ave.
Frank Bruno 530/666-5124

North Area Parkinson's Support Group Carmichael

4th Friday 10:00 AM
El Camino Gardens
2426 Garfield Ave.
Maxine Krugman 916/489-0226

South Area Parkinson's Support Group Sacramento

2nd Thursday 1:00 PM
Asian Community Center
7375 Park City Drive
916/489-0226

Tri-County Parkinson's Disease Support Group Yuba City

1st Monday 2:00 PM
St. Andrew Presbyterian Church
Marge Kowolik 530/674-0642
Jan Medley 530/674-5557

Stroke Survivor/Caregiver Support Group Sacramento

Every Tuesday 2:00 - 3:30 PM
UCD Medical Center Ellison Bldg.
4860 Y Street
Holly Bleasdale 916/734-3467

Saint Joseph's Hospital Stroke Club Stockton

1st Wednesday 3:00 PM
Saint Joseph's Hospital
1800 North California St.
209/467-6345

IMPORTANT LEGISLATION ALL CAREGIVERS SHOULD KNOW

DRUG DISCOUNT CARDS START IN 2004

On December 8, 2003, President Bush signed into law the Medicare Modernization Act of 2003. This act preserves and strengthens the current Medicare program, adds important new prescription drug and preventive benefits, and provides extra help to people with low incomes.

One of the new options provided within this act is the Medicare-Approved Drug Discount Cards. The cards will be available in spring of 2004 to help consumers save on prescription drugs. Medicare will contract with private companies to offer new drug discount cards until a Medicare prescription drug benefit starts in 2006. A discount card with Medicare's seal of approval can help you save 10-25% on prescription drugs. Enrolling will begin as early as May 2004 and continue through December 2005.

Prescription Drug Benefits will be added to Medicare in 2006. All people with Medicare will be able to enroll in plans that cover prescription drugs. Plans might vary, but this is an idea of how they will work:

For the latest information about Medicare, visit www.medicare.gov.

- * You will choose a plan and pay a premium of about \$35 a month.
- * You will pay the first \$250 (called a "deductible").
- * Medicare then will pay 75% of costs between \$250 and \$2,250 in drug spending. You will pay only 25% of these costs.
- * You will pay 100% of the drug costs above \$2,250 until you reach \$3,600 in out-of-pocket spending.
- * Medicare will pay about 95% of the costs after you have spent \$3,600.

www.medicare.gov or call 1-800-MEDICARE.

PAID FAMILY & MEDICAL LEAVE ACT

More than 35 million Americans have taken leave under the Family and Medical Leave Act (FMLA) since it was passed in 1993 (US Department of Labor, 2000). The act was the first national policy designed to help working caregivers meet both their work and family responsibilities. Thanks to the FMLA, many employees can take up to 12 weeks of *unpaid* leave to care for a new baby or a seriously ill family member or to recover from a serious illness without losing their job or health insurance. Many employees need, but don't take, family and medical leave because they can't afford to miss a paycheck (National Center for Women and Aging and the National Alliance for Caregiving, 1999).

Financial burdens may no longer be an issue for Californians who may need FMLA. Beginning in July 2004, almost all California employees—over 13 million—will be able to take up to six weeks of *paid* family leave, receiving 55-60% of their salary up to a cap of \$728 per week through a state-administered insurance program. The program is funded by the employees themselves, at an estimated cost of \$27 per worker per year. This insurance program is an expansion of the state's temporary disability insurance program, which provides partial wage replacement to employees who must take leave due to serious illness. Nearly ten percent of the nation's workforce will now have paid daily medical leave under these combined systems.

This program provides benefits but does not provide job protection or return rights. Payroll deductions for this program began on January 1, 2004 and benefits begin July 1, 2004. If you have any questions or feel you are in need of and eligible for these benefits, contact the State of California Employment Development Department at **1-877-BE-THERE** or visit their website at www.edd.ca.gov.



LINK2CARE



ONLINE RESOURCE FOR CALIFORNIA CAREGIVERS

Are you a family caregiver who is:

- * Feeling isolated and stressed by caregiving demands?
- * Worried about the best care for your loved one with memory loss?
- * Interested in **FREE**, convenient advice and support, accessible from your computer?

Link2Care is for you. An internet site offering information on every facet of caregiving for dementia. You'll find help with care planning and

decision making, timely articles, and a community of caring friends. You can even consult an expert, one-on-one, for medical, legal and caregiving advice-it's all free, all available at your convenience. And Link2Care is a secure, password-protected site, for your privacy and confidentiality.

Visit www.link2care.net for details about this exciting program for California caregivers. For more information, contact Del Oro Caregiver Resource Center at **(800) 635-0220**. A program of Del Oro Caregiver Resource Center and California's Caregiver Resource Centers.

WEBSITES TO CHECK OUT

Benefits Check Up, www.benefitscheckup.org is a service of the National Council on Aging, which helps thousands every day to find programs for people age 55 and over pay for some of their costs of prescription drugs, health care, utilities, and other essential items or services.

Search for an elder law attorney near you through the **National Academy of Elder Law Attorneys** by visiting www.naela.com.

Eldercare Locator, www.eldercare.gov is a nationwide, directory assistance service designed to help older persons and caregivers locate local support resources for aging Americans to help them remain independent in their homes.

Get free assistance and information about your rights in health care. **Health Rights Hotline** www.hrh.org, serves residents of El Dorado, Placer, Sacramento and Yolo Counties.

Visit **Seniors Against Investment Fraud (SAIF)** at www.corp.ca.gov/saif to learn how to avoid being a victim of investment or telemarketing fraud. You can obtain an information packet and learn more about checking out your broker, money manager or financial planner before investing.

The **Administration on Aging** has a Resource Directory for Older People that includes information on legal services, nutrition, Alzheimer's, elder rights, volunteer opportunities, and caregiver information among other topics of interest. Visit their website at www.aoa.dhhs.gov/directory.

FREE LEGAL PLANNING WORKSHOPS

Legal Planning is a subject that concerns us all-how to effectively plan for our loved ones and ourselves as we meet the challenges of growing older and/or face incapacity. All workshops will discuss current information on:

- * Medicare and Medi-Cal
- * Durable Powers of Attorney
- * Wills and Probate
- * Estate Planning
- * Conservatorship

A Question and Answer session will follow each presentation. To register, or for more information contact Del Oro Caregiver Resource Center at **(916) 971-0893 or (800) 635-0220**.

All workshops are **FREE**, funded in part by Area 4 Agency on Aging and the National Family Caregiver Support Program. Del Oro Caregiver Re-

source Center is pleased to be able to offer a variety of dates and times to meet the needs of the community:

Tuesday, March 30, 2004 10:30—12:00 Noon at the West Sacramento Senior Center, 664 Cummins Way in West Sacramento.

Wednesday, May 5, 2004 1:30—3:30 PM at the Yuba County Library, 303 2nd Street in Marysville.

Wednesday, June 16, 2004, 10:30 –12:00 Noon at the Loyaltan Senior Center, 302 First Street in Loyaltan.

Thursday, June 24, 2004, 10:00 AM—11:30 AM at Yuba City Senior Center, 777 Ainsley Avenue in Yuba City.

All programs are funded in part by the San Joaquin County Department of Aging through the National Family Caregiver Support Program.

FREE CAREGIVER WORKSHOPS IN SAN JOAQUIN COUNTY

Strengthening & Back Care for Seniors and Caregivers

Exercises for care providers and their recipients to increase their mobility and independence while protecting their back.

Tuesday, April 6, 2004 from 10:00 AM—2:00 PM at the YMCA Cheadle Center, 1304 South San Joaquin Street in Stockton. To register, call **1-800-491-1996**. Sponsored by the IHSS Public Authority, the Stockton YMCA and Del Oro Caregiver Resource Center.

Classes on Caregiver Techniques offered

The following topics will be presented for San Joaquin County Caregivers:

- * **Caring For The Caregiver**
- * **Dealing With Difficult Behaviors**
- * **Activities For The Homebound**
- * **Transfers and Fall Prevention**
- * **Incontinence and Personal Care**
- * **Nutrition**

The classes will be held on consecutive Thursdays beginning on May 13 and ending on June 17 from 10:00AM until Noon at the IHSS Public Authority Training Room, 425 E. Harding Way in Stockton. For more information and registration, please call the Public Authority at **1-800-491-1996**. The classes are sponsored by Del Oro Caregiver Resource Center and the IHSS Public Authority.



Your contributions help fund critical programs for family caregivers. Donations or memorial gifts of any size are most welcome.

Please accept my tax-deductible donation of \$ _____

Name:
Address:
Telephone number:
This gift is <input type="checkbox"/> in honor of <input type="checkbox"/> in memory of Name:

Please make your check payable to Del Oro Caregiver Resource Center and send to:

Del Oro Caregiver Resource Center
5723A Marconi Avenue
Carmichael, CA 95608

THANK YOU!



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For information or assistance, contact Del Oro CRC at (800) 635-0220
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