

Pathways

SERVING FAMILIES AND CAREGIVERS OF BRAIN IMPAIRED ADULTS AND THE FRAIL ELDERLY

FALL 2005

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'Sandwich' Caregiving: Negotiating the passages of family caregiving

"Between a rock and a hard place" is not just a catch phrase to family caregivers, it's the uncomfortable passage they negotiate every day. Even under the best of circumstances—plenty of money, adequate insurance and good planning—taking on the day-to-day management of another's life is full of situations that can lead to physical and psychological exhaustion.

And caregiving rarely happens in the best of circumstances. When caregiving responsibilities fall on a family with children at home, it can put a severe strain on how the family functions.

Caregivers who meet the needs of two generations are sometimes referred to as the "sandwiched generation." These caregivers are caught between adolescent phone calls and calls to 9-1-1, first dates and first strokes, broken hearts and heart surgeries, first loves and last rites. And inside all that stress, the caregivers must find a way to meet their own needs.

Marriages often suffer when an incapacitated parent comes to live with an adult child. Extra time, extra money and extra space seem to evaporate, replaced by an uncomfortable dilemma: How do you negotiate between the emotional needs of a growing child and

SANDWICH MENU

CAREGIVER DILEMMAS

TRADITIONAL: Those sandwiched between aging parents who need care and/or help and their own children.

CLUB SANDWICH: Those in their 50s or 60s, sandwiched between aging parents, adult children and grandchildren. Also those in their 30s and 40s, with young children, aging parents and grandparents.

OPEN-FACED: Anyone else involved in elder care.

Source: Carol Abaya at thesandwichgeneration.com



DEL ORO
CAREGIVER RESOURCE CENTER

Main Office:

5723A Marconi Ave
Carmichael, CA 95608
(916) 971-0893, or
(800) 635-0220

Grass Valley Office:

471 Sutton Ave, Suite 210
Grass Valley, CA 95945
(530) 274-1005

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Pathways

Michelle Nevins, Editor
menveins@deloro.org

STAFF

Janet E. Claypoole, MSW
Executive Director

Rima Cabrera
Intake Specialist

Lorraine Chew, MSW, MPH
Family Consultant

Lisa Choquette, MS
Family Services Manager

Kay First
Administrative Assistant

Susan George, MS
Community Resource Specialist

Sara Heinzl, RN
Family Consultant

Kim Kauffman, MSW
Family Consultant

Sierra Kent
Program Assistant

Barbara Larsen, MA, Ed.
Family Consultant

Kendra Micka, MSW
Family Consultant

Michelle Nevins, MBA
Education Coordinator

Anne Spaller, MFT
Family Consultant

Maria Vicondoa, BSW
Family Consultant

Stefani Wilson, MS
Senior Family Consultant

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ABOUT DEL ORO CAREGIVER RESOURCE CENTER

Del Oro Caregiver Resource Center is an independent, private, non-profit program funded through a contract with the California State Department of Mental Health, grants and private donations. Our mission is to improve the well being of caregivers and provide support throughout the caregiving process.

PROGRAM SERVICES:

- Information and Referral
- Family Consultation
- Counseling
- Respite Care
- Legal/Financial Consultation
- Education & Training
- Support Groups

For information about eligibility for our program, contact Del Oro CRC at (916) 971-0893 or (800) 635-0220 or the Grass Valley Office at (530) 274-1005.



continued from P1

'Sandwich' Caregiving

the medical needs of a chronically ill parent? In that Catch-22, nerves can fray, tempers can flare and blame can spread. There's always plenty of guilt for someone in the sandwich.

Dr. Herbert Lingren, a family life specialist at the University of Nebraska at Lincoln, and his colleague Jayne Decker, suggest that successful sandwich-life living is a negotiation among (1) what their children want and need; (2) what they want and need; and (3) what their parents want and need. Children want independence; parents

When a family member's health disaster takes that control away, people feel a wide range of feelings—among them, worry, anguish, frustration, guilt, devotion and love.



want some help; and their survivor-parents want to be independent under increasingly difficult circumstances.

Lindgren and Decker say that the overriding need of each generation is to have control over their choices and a sense of purpose about their own life. People who feel in control generally experience greater life satisfaction. When a family member's health disaster takes that control away, people feel a wide range of feelings—among them, worry, anguish, frustration, guilt, devotion and love.

We talked to three women who have felt all these things when they became caregivers. We found them through the Story Project sponsored by the National Family Caregivers Alliance.

What we learned from listening to these stories and reading many others at the Story Project Web site is that guilt and stress are constant components of caregiving. It seems that caregivers rarely feel they have done enough, but they are exhausted all the time from doing too much.

And from the beginning, children's needs are compro-

SUPPORT GROUPS

For long-time readers of Pathways, you may have noticed that we are no longer showcasing a full-page of support groups, instead, we have decided to focus our attention on one group each issue that is looking to welcome new participants.

If you are a support group facilitator and wish to have your support group in the news, please write an article with details about your group and email to Michelle Nevins at mnevins@deloro.org or send to 5723A Marconi Ave., Carmichael, CA 95608. Please include your name and contact information.

For a complete list of Support Groups in our service area, please visit us online at www.deloro.org.

There are a few NEW groups in our service area that we are pleased to announce:

ADULT CHILDREN CAREGIVER SUPPORT GROUP

- Time:** 2nd Wednesday of the month, 5:30-7:00 PM
Location: 2155 Iron Point Road, Conference Room 1 in Folsom
Content: This group is for adult children who are caring for an aging parent
Contact: Alzheimer's Association at (916) 930-9080
Sponsor: Alzheimer's Association and Del Oro Caregiver Resource Center

ALZHEIMER'S EARLY ONSET CAREGIVER SUPPORT GROUP

- Time:** Second Tuesday of the month, 7:00 – 8:00 PM
Location: Maidu Community Center, 1550 Maidu Drive in Roseville
Content: This group is for caregivers under 65 years of age
Contact: The Alzheimer's Association at (916) 930-9080
Sponsor: Alzheimer's Association

LIVING WELL WITH PARKINSON'S . . . WHAT'S SHAKIN'

Support Group for Parkinson's patients of all ages, their caretakers, family members and friends.

- Time:** 4th Thursday of the month from 5-7 PM
Location: Upcountry Community Center, 19999 Hwy 88 in Pine Grove, CA
Contact: Sarah Johnson (209) 296-2575 or (209) 256-3546
Sponsor: proACTIVE parkinsons project

mised when a disabled grandparent with medical emergencies moves in. However, it can also be a precious time for them to connect to their family heritage.

Family caregivers often feel a loss of control, but at the same time, in a survey conducted by AARP, nearly 75 percent of family caregivers said it brings them closer to their loved ones. As their stricken parents falter, they come to know them better and appreciate them more. Half report that the experience makes them more optimistic about their own old age.

We all want to control our lives, but ultimately life is beyond our control. Caregivers in the sandwich generation experience that daily. These saints in training deserve our respect. But more than that, their great sacrifice needs to be acknowledged in humane and compassionate healthcare and homecare policies that ease their stress and recognize their contribution to the most vulnerable of our citizens.

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*Stroke Connection Magazine November/December 2004
2004, American Heart Association*

November— National Family Caregivers Month 2005

November is National Family Caregivers Month, a time designated each year to honor, thank, and assist family caregivers. This year's theme offers three steps family caregivers can take every day to make their lives better and improve the care they give their loved ones:

**BELIEVE in Yourself,
PROTECT Your Health,
REACH OUT for Help.**

Del Oro Caregiver Resource Center is pleased to be a sponsor of the Fearless Caregiver Conference in honor of National Family Caregiver Month. For more information on this worthwhile event, please see page 4 of this issue.

Caregiver Workshops Offered:

KEYS TO UNDERSTANDING MEMORY LOSS

Join us to better understand why your loved one with memory loss continues to change behaviorally. Learn to discriminate between your loved one's true self as compared to the behaviors resulting from the memory loss and confusion they are experiencing.

Date: Thursday, October 13, 2005

Time: 3:30-5:00 PM

Location: Judy Brown Adult Day Health Center,
224 S. Sutter Street in Stockton

To Register: Call Judy Brown Adult Day Health Center at (209) 644-5019 to reserve your seat. If you need someone to care for your loved one so that you may attend this workshop, limited in-home care is available. Please indicate your need for respite when registering.

MANEUVERING THE MEDICATION MAZE

If you have concerns about medications, this workshop will give you the opportunity to have your questions answered by an experienced and qualified pharmacist.

Date: Tuesday, November 1, 2005

Time: 2:00-3:30 PM

Location: Judy Brown Adult Day Health Center,
224 S. Sutter Street in Stockton

To Register: Call Judy Brown Adult Day Health Center at (209) 644-5019 to reserve your seat. If you need someone to care for your loved one so that you may attend this workshop, limited in-home care is available. Please indicate your need for respite when registering.

HELPING CHILDREN AND TEENS UNDERSTAND DEMENTIA

This workshop will explore the experience of caregivers "in the middle" –trying to understand and manage what is happening to their family member while simultaneously trying to explain it to their children. In a supportive setting, Beth Logan, MSW, Education Consultant and Dementia Care Specialist will help you to feel more confident communicating with children about what is happening with grandma, granddad, or their own parent.

Date: Thursday, November 17, 2005

Time: 6:00-8:30 PM (Registration begins at 5:30 PM)

Location: Maidu Community Center,
1550 Maidu Drive in Roseville, CA

To Register: Call the Del Oro Caregiver Resource Center at (916) 971-0893. If you need someone to care for your loved one so that you may attend this workshop, free in-home care is available. Please indicate your need for respite when registering.

CREATING AN ACTIVITY PROGRAM IN THE HOME: THE BEST FRIENDS APPROACH TO ALZHEIMER'S ACTIVITIES

Join us as David Troxel, M.P.H., co-author of The Best Friends Approach to Alzheimer's Care helps you to make activities out of personal care and to turn the challenges of caregiving into a more rewarding experience.

Date: Tuesday, November 15, 2005

Time: 2:00-3:30 PM (Registration begins at 1:30 PM)

Location: Fremont-Rideout Conference Center,
989 Plumas Street in Yuba City

To Register: Call the Del Oro Caregiver Resource Center at (916) 971-0893. If you need someone to care for your loved one so that you may attend this workshop, free in-home care is available. Please indicate your need for respite when registering.

FEARLESS CAREGIVER CONFERENCE
Today's Caregiver • caregiver.com

A Day of Support for Family & Professional Caregivers

- Increase Family Involvement
- Find Respite & Reduce Stress
- Discover Community Resources
- Navigate the Healthcare System
- Financial, Legal and Insurance

Wednesday November 9, 2005
9:30am - 3:30pm
Includes Lunch

Arden Hills Country Club
1220 Arden Hills Country Club Lane
Sacramento, CA 95864

Sponsored tickets available for qualified family caregivers
Reservation required

For registration and information
800.829.2734
caregiver.com

Keynote Speaker
Gary Barg
Editor-in-Chief, Today's Caregiver magazine
author, The Fearless Caregiver

DEL ORO CAREGIVER RESOURCE CENTER
Sponsorship opportunities still available.

For a complete list of all caregiver workshops available, please visit us on-line at www.deloro.org and click on the Educational Events tab.

Movement with Meaning

Barbara Larsen, Family Consultant with Del Oro Caregiver Resource Center, has authored a new book, "Movement with Meaning: A Multisensory Program for Individuals with Early-Stage Alzheimer's Disease"

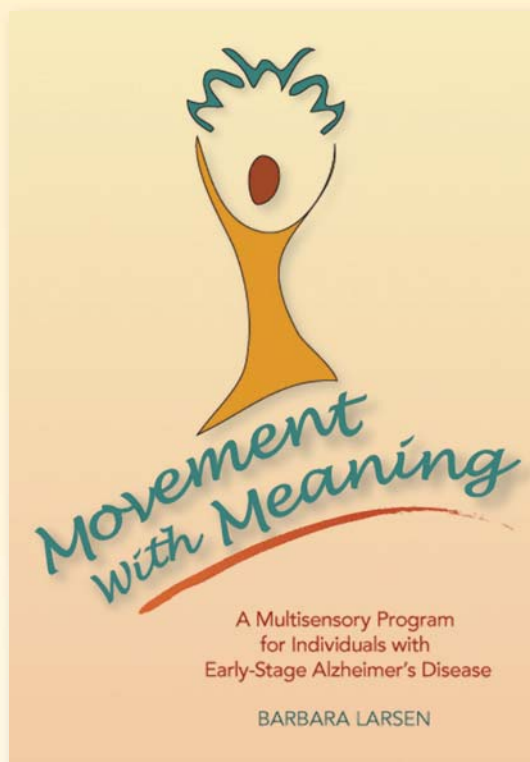
Movement with Meaning is an interactive, multisensory movement program manual that reinforces the remaining strengths and abilities of people with dementia. Developed by an experienced educator, Movement with Meaning uses activities that stimulate all five senses to enhance the well-being of older adults.

Designed specifically to meet the needs of people with early-stage Alzheimer's disease, the program combines gentle dance movements, yoga-inspired poses, and breathing exercises with music, poetry, and specific sensory activities. Participants become focused in the present through total immersion in short, concentrated exercises that stimulate physical, mental, and sensory awareness. Individuals not only enjoy the engaging activities, but experience:

- Reduced tension
- Enhanced relaxation
- Improved balance and coordination
- Decreased disorientation
- Increased social interaction

Movement with Meaning is being published by Health Professions Press and will be available November 2005. For more information, or to order a copy of this book (ISBN 1-932529-14-4), contact Health Professions Press at 1-888-337-8808 or visit www.healthpropress.com.

The staff and Board of Directors at Del Oro Caregiver Resource Center are very proud of Barbara Larsen for her commitment to Movement with Meaning and for her dedication to her clients, community and our agency. *Congratulations, Barbara!*



A DOSE OF *Inspiration*

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.

The following quotes were submitted by readers of our newsletter, Pathways:

"When we truly care for ourselves, it becomes possible to care far more profoundly about other people. The more alert and sensitive we are to our own needs, the more loving and generous we can be toward others."

— EDA LE SHAN

"He who laughs, lasts."

— MARY POOLE

"Nothing can bring you peace but yourself."

— RALPH WALDO EMERSON

Medicare's New Coverage for Prescription Drugs

Beginning January 1, 2006, Medicare will be offering insurance coverage for prescription drugs through Medicare prescription drug plans. Insurance companies and other private companies will work with Medicare to offer these plans.

In order to get this prescription drug coverage, you must choose and enroll in a Medicare prescription drug plan that meets your needs. Here's how you can get ready to take advantage of this new option:

- Look over your current health insurance coverage. Are prescription drugs covered? What are your out-of-pocket drug costs?
- Keep a list of the name, dosage, and cost of the prescriptions you use. Since different plans will cover different drugs, this will help you choose a plan that meets your needs.
- If you have a limited income, you should have received an application this summer to get extra help paying for a Medicare prescription drug plan.
- If you have prescription drug coverage through a former employer or union, check with your benefits administrator. Medicare prescription drug coverage may be different for you.

WHO CAN JOIN?

Anyone with Medicare Part A and/or Medicare Part B can join a Medicare prescription drug plan offered in their area. If you are in a Medicare Advantage Plan (like an HMO or PPO), your plan may also offer drug coverage.

WHEN CAN I JOIN?

If you currently have Medicare Part A and/or Part B, you can join a Medicare prescription drug plan between November 15, 2005 and May 15, 2006. If you join by December 31, 2005, your Medicare prescription drug plan coverage will begin on January 1, 2006. If you join after that, your coverage will be effective the first day of the month after the month you join.

Even if you don't use a lot of prescription drugs now, you still should consider joining a plan. If you don't join a plan by May 15, 2006, and you don't have a drug plan that covers as much or more than a Medicare prescription drug plan, you will have to pay more each month to join later.

HOW CAN I GET HELP CHOOSING A MEDICARE PRESCRIPTION DRUG PLAN?

In the fall of 2005, you will be able to get personalized information at www.medicare.gov on the web, or by calling 1-800-MEDICARE to help you make your best choice.



How much does it cost?

Like other insurance, if you join, you will pay a monthly premium (generally around \$37 in 2006) and a yearly deductible (up to \$250 in 2006). You will also pay a part of the cost for your prescriptions, including a copayment or coinsurance. Costs will vary depending on which drug plan you choose. Some plans may offer more coverage and additional drugs for a higher monthly premium.

What if I can't pay for a Medicare prescription drug plan?

Some people with an income at or below a set amount and with limited assets (including your savings and stocks, but not counting your home) will qualify for extra help. People who qualify will get help paying for their drug plan's monthly premium, and/or for some of the cost they would normally have to pay for their prescriptions.

Donations

Your tax-deductible contribution will help fund critical programs for family members who are dedicated to providing long-term care at home. There are various ways to give to Del Oro Caregiver Resource Center:

- Donate by mail – make your check payable to Del Oro CRC and mail it to 5723A Marconi Avenue, Carmichael, CA 95608.
- Donate Your Automobile – Del Oro is now able to accept used car donations in California through the not for profit corporation, Cars 4 Causes. This agency handles all the paper-work, title change, free pick up and sale of the vehicle. Receive a tax

deduction for the fair market value of your vehicle. For more information call Cars 4 Causes at 1-800-766-CARE.

- Donate Stocks or Mutual Funds
- Donate Real Estate
- Donate online at www.deloro.org using your credit card. Del Oro CRC has partnered with Groundspring.org to provide a secure site for credit card transactions.

If you would like to discuss your donation in detail, please contact Janet Claypoole, Executive Director of Del Oro CRC at (916) 971-0893.

Thank You to our generous donors

Asbury, Catheryn

In Memory of Gayle Crump

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

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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

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For information or assistance, contact Del Oro CRC at (800) 635-0220 or visit our website at www.deloro.org

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