

Duet News

• FOR FAMILY CAREGIVERS •

From Donna's Desk

BY DONNA HEPPERMAN, MSW,
DIRECTOR OF CAREGIVER SERVICES

THERE IS SO MUCH TO SHARE with you, since we haven't published a newsletter for quite awhile. We are now doing the newsletter quarterly which will help to lessen our mailing costs. Spring and summer have been busy, as you can see from the articles to follow. We've had several forums, conferences, and our retreat. We're now busy planning for next year's activities. Most support groups will not meet in August, but please feel free to call me if you have questions or just need someone to talk to.

We said good-bye to intern Nieda Zaabadick in May. She graduated from ASU with a bachelor's degree in social work. We were sad to see her leave. She was a great help and we appreciate her kindness and dedication to Duet. In August we will welcome Julianne Jamel, another ASU social work student. We are looking forward to having Julianne Jamel with us for the coming year. She is enthusiastic and anxious to get started.

On a sad note, many of you know our staff assistant Ginger Austin. Her dear son Steve passed away in May. He was sixty and had been ill for some time. Also, several of our support group participants have lost loved ones in the past few months. Please keep them all in your thoughts and prayers. Though we may

prepare ourselves for a loss, the actual good-bye is still difficult.

Summer is upon us, with its hot weather, dry conditions, grueling sunshine, and need for hydration and sun screen. Please be cautious during this time and make sure that you and your loved ones avoid the many dangers that this time of year can bring about. By the time of the next newsletter, it will almost be time for the holidays! So Happy Labor Day, Grandparents' Day, and Halloween, too! ✂

Relax and Revitalize

Our Caregiver Retreat was held on April 17 at the Franciscan Renewal Center in Scottsdale for eighteen enthusiastic participants. We all had a great time, with lots of learning, relaxing, socializing, and meeting new friends. We began with wonderful deep breathing taught by Deanne Hodgson. We sat up straight and learned how to delay some frustrations by just taking a few cleansing breaths. After a great lunch, the temptation was to take a nap, but Father "Fitz" enlightened us

with Celtic spirituality and the "holy dark." The Celts find their strength in dark times, when life is toughest. Caregivers can really relate to that! He shared slides of Ireland and treated us to a song. After free time, when some folks watched a movie, some walked the labyrinth, and others relaxed with pleasant conversation - we had tea, complete with English "biscuits," tea, and tiaras. Lastly, Jolly Roger entertained us with his magic show. After dinner, it was back home. Everyone enjoyed their time together and hopefully, more caregivers will be able to join us next year. We are planning our 2011 retreat for Saturday,

May 7, at the Franciscan Renewal Center. There will be more information in the next newsletter. ✂



Roberta and Sandy enjoy the Caregiver Retreat.



Anxiety Disorder in Elderly

Anxiety may be the most common mental disorder experienced by older adults, affecting one in 10 people over the age of sixty. Studies have shown that generalized anxiety disorder (GAD) is more common in the elderly than depression, affecting 7 percent of seniors. GAD is characterized by excessive, exaggerated worry over routine life events and activities. Anxiety disorders include panic disorder, obsessive compulsive disorder, phobias and GAD.

A constant worry can have a number of negative, and sometimes disabling effects on a person's life. For instance, many people with GAD have trouble sleeping or limit their daily activities due to their anxiety. Untreated anxiety can lead to anxious depression which carries a higher risk of suicide and depression.

Senior citizens face numerous anxiety issues including health problems, loss of close friends and life transitions such as moving to a nursing home. Certain health problems, such as Alzheimer's, can cause anxiety. For reasons physical and psychological, seniors aren't able to cope with their anxiety alone and need the help from the family or caretakers. Success in treating anxiety in older adults depends

on a partnership between patient, family, and doctor.

Talking to an elderly parent or loved one about any changes in their lives is one of the best ways to discover a problem. Ask about any changes you notice in the following:

- Daily routines and activities. Are they refusing previously routine activities or avoiding social situations?
- Worries. Do they have more worries than before? Are worries out of proportion to reality?
- Medication. Are they taking a new medication or increasing dosage of a particular medication?
- Overall mood. Depression and anxiety often occur together.

Learning relaxation techniques through yoga, meditation, prayer, or bio-feedback can be very helpful in preventing future panic attacks. Learn how to treat anxiety through diet and stress-relieving social interaction.

- Determine the cause of the anxiety
- Ensure a nutrient-rich diet.
- Encourage social activities.
- Ask which stress-management techniques work best, and help them find ways to engage in those activities. ✨



Taken from the internet: <http://www.emaxhealth.com/37/5974.html>

"Anxiety Common in Elderly, Yet Often Undiagnosed and Undertreated"

"Elderly Anxiety Disorders," by Jeanette Frank, PhD.

"Anxiety in the Elderly" written by Healthy Place.com, staff writer

LGBT Boomers and Beyond

Our LGBT Boomers and Beyond outreach is going well. We meet the first Saturday of each month at the One Voice Center. On Saturday, May 22, at Church of the Beatitudes, LGBT Boomers and Beyond presented its 2nd annual conference "Learning and Caring Together." Exhibitors provided information and referral services. Topics discussed

throughout the day included: grief and loss, legal issues, financial planning, caregiving, strategies for successful aging, managing chronic disease, and other informative sessions. It was a great opportunity to socialize, relax, and learn. Next year there will be a statewide LGBT Boomers & Beyond conference on Saturday, April 30 at Church of the Beatitudes. There will be more information about the conference and monthly programs in the next newsletter. ✨



Scott Hawthornthwaite and Dr. David Coon,
Planning Team Members



Un Descansito – Spanish Forums

This past spring we had two successful Spanish *Un Descansito* forums – in Mesa and Guadalupe. The two programs averaged forty-five attendees. We exercised, learned about Parkinson’s and Alzheimer’s, discussed social security, learned new coping skills, looked at legal issues and community resources, and found out how the police department deals with wandering in a patient with dementia.

The most fun feature of these seminars is always the mariachis. Singing, dancing, and laughing play an important role in any *Un Descansito*. As much as possible, life is to be enjoyed. The participants in *Un Descansito* learn, but also have a rousing good time. Our next *Un Descansito* will be at Mesa Active Adult Center on Wednesday, October 28. ✨



Sonia Dillehay talks with "Un Descansito" participants

Help When You Need It

Every 2.3 seconds, an older adult over the age of sixty-five will fall. Most of these incidents occur in the home, and falls are the leading cause of injury and

Irish Eyes Were Smiling



Donna Heppermann and Minister Eamon O'Cuiv in Galway

The last weekend of February, I was fortunate to be able to attend the annual *Caring for Carers* conference in Galway, Ireland. Over five hundred attendees from all over the country came to the conference to relax, meet other carers, and hear what is being done locally and nationally to improve the lives of carers.

The group was made up of all kinds of carers (we would call them caregivers), from those caring for a child with autism, to a daughter looking after her mother with Alzheimer. I have attended the conference for the past seven years, so it was good to see old friends again. And it's also a lovely excuse to visit Ireland!

The Irish know how to relax. There was a lot more free time than we would have. They concentrated on getting away and having fun – singing, dancing, staying

loss of independence for seniors. Phillips Lifeline now offers an added layer of protection with their Auto Alert device. It is a pendant-style help button that can detect a fall and automatically place a call for help when your loved one is unable to. For further information, please call Kitty Tirone at (623) 225-5450. ✨

up late, telling stories, etc.

The main speaker was Eamon O'Cuiv, Minister for Social Protection, and the grandson of Eamon de Valera, the first president of the Irish Republic. Caring for Carers sponsors approximately 100 support groups throughout Ireland. They are headquartered in Ennis, County Clare, on the west coast of Ireland. If anyone would like to come with me next year (to Dublin, I think), consider yourself invited! ✨



Stairway to Medicare

Learn about Medicare with an easy, interactive, free, online information tool. The Area Agency on Aging, Region One is proud to announce its new tool to help you learn about Medicare for yourself or someone you love. It's easy and you can create your own login so you can start and stop the training steps as needed. Learn at your own pace.

Just visit www.stairwaytomedicare.org to get started. For more information, please call the 24-hour senior help line at (602) 264-4357 and stop the training steps as needed. Learn at your own pace. Just visit www.stairwaytomedicare.org to get started. For more information, please call the 24-hour senior help line at (602) 264-4357. ✨



Support Group News

Baptist Village Thunderbird, Parkinson, Goodyear Parkinson, Via Linda, Shadow Mountain, and Duet Groups

There will be no meetings in August. Regular meetings will resume in September. ✂

Alzheimer's Group

In August we will meet on the third Tuesday of the month only. In September we will resume meeting twice a month. ✂

Are You Following Us?

Stay up-to-date with Duet by following us on Twitter and Facebook. To follow, visit www.duetaz.org and click on the Twitter and Facebook icons located at the bottom of the website. ✂



Fry's Gift Cards Keep Giving

Support Duet every time you go grocery shopping at Fry's. Fry's Gift Card Program allows Duet to earn three percent of your grocery purchases every time you use a gift card. Call us at (602) 274-5022 to receive a free \$5 gift card to

get started. You can simply reload the card at checkout up to a value of \$500.00. Duet receives a donation each time you reload and use your gift card. ✂



The Holidays Are Coming!

Yes, it's only August and we're still sweltering in Phoenix, but have you thought that Christmas is a mere five months away! Have you bought your Thanksgiving turkey yet? What about those Hanukkah gifts! You'd better get busy and start planning. Our "Surviving the Holidays" seminar will be held on Tuesday, November 2, in the lounge at Church of the Beatitudes from 9:30 a.m. to 1:30 p.m. We will have fun, relax, learn, and meet other caregivers. You will receive a special flyer when program details have been finalized, or you can call (602) 274-5022 for details or to register for the workshop. This is always a popular event and our space is limited, so mark your calendar and register early! ✂



Garden Potato Salad

Ingredients

6 large potatoes (about 3 lbs.) cooked, peeled and cubed.
4 hard-cooked eggs, sliced
2 celery ribs, diced
6 green onions with tops, sliced
6 radishes, sliced
1 teaspoon salt
½ teaspoon pepper

Dressing

3 eggs, beaten
¼ cup vinegar
¼ cup sugar
½ teaspoon dry mustard
½ teaspoon salt
1 cup mayonnaise or salad dressing

In large bowl, combine potatoes, eggs, celery, green onions, radishes, salt and pepper; set aside. For dressing, combine eggs, vinegar, sugar, dry mustard and salt in a saucepan. Cook and stir over medium heat until thickened. Cool. Stir in mayonnaise, mix well. Pour over potato mixture; toss to coat. Refrigerate for several hours. Yield 8 servings. ✂



Medicare Reform

The new law guarantees that your existing basic benefits will not change, regardless of whether you receive them through traditional Medicare or a private Medicare Advantage plan.

New Part B Benefits:

Starting in 2011, if you're in traditional Medicare, you can get an annual physical and many preventive services free. If you're in Medicare Advantage, check with your plan to see if these will be free.

Part D Doughnut Hole:

If you enter the coverage gap this year, you receive \$250 toward your drug costs. Starting in 2011, you get a 50 percent discount on all brand-name and biologic drugs you buy in the gap. Over 10 years, you'll gradually receive more discounts for generic drugs as well as brands until the gap closes in 2020.

Part B Premiums:

In the next 10 years more people will likely be required to pay higher-income

premiums because the current income levels on which they're based will be frozen until 2020. Those levels start at \$85,000 for a single person or \$170,000 for married couples filing joint returns.

Part D Premiums:

For the first time, people with higher incomes (the same as those for Part B above) will pay higher premiums for drug coverage, starting next year.

Medicare Advantage Health Plans:

Medicare currently pays more for people enrolled in many of these private plans than for those in traditional Medicare. The overpayments will gradually be phased out and replaced with a payment system that rewards plans that meet certain quality standards for care and customer service. Also, starting in 2014, plans must spend at least 85 percent of the money they take in from premiums on medical care; and they will no longer be able to charge higher copayments than traditional Medicare for certain services. These changes may prompt some plans to raise premiums, drop extra benefits such as routine vision care and health club memberships,

or leave Medicare.

Medigap Supplemental Insurance:

No change. You will not be required to buy a private medigap policy. If you buy medigap insurance outside of the limited time frames when full federal protections apply, insurers can still deny coverage or require you to pay higher rates because of your health and preexisting conditions.

Coverage for People Under 65 with Disabilities:

The two-year waiting period between qualifying for Social Security disability and becoming eligible for Medicare remains unchanged. Early proposals to do away with this delay did not make it into the final law.

Medicare Solvency:

Cost savings from the new law should keep Medicare financially stable almost a decade longer than if no law had been passed, according to official estimates. ✨

Taken from: A User's Guide to Health Care Reform, by Patricia Barry, AARP BULLETIN, May 2010

Blueberry Coffee Cake



Topping

- 1 cup firmly packed light brown sugar
- ¼ cup all-purpose flour
- ¼ cup unsalted butter, cold

Coffee Cake

- 2 cups all-purpose flour
- 1 cup sugar
- 1 teaspoon baking powder
- 3 lightly beaten eggs
- 1 teaspoon baking soda
- 1 cup sour cream
- ¼ teaspoon salt
- 2 cups fresh or frozen blueberries
- ½ cup unsalted butter, softened

Preheat oven to 350°

To make the topping: In a small bowl, using a pastry cutter, combine the Brown sugar, flour, and butter. Set aside.

To make the coffee cake: In a medium-size mixing bowl, sift together the dry ingredients. In a large mixing bowl, cream together the butter and sugar. Add the eggs, mixing well. Add the dry ingredients, alternating with the sour Cream. Fold in the blueberries and pour the batter into a well-buttered 9-by-13-by-2 -inch cake pan. Sprinkle the topping evenly over the top of the batter. Bake for 30 minutes, or until a toothpick inserted in the center comes out clean. ✨





Duet
Partners In Health & Aging



Duet: Partners In Health & Aging
555 West Glendale Avenue
Phoenix AZ 85021

(602) 274-5022
www.duetaz.org / info@duetaz.org

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Group Meetings For Caregivers of Elderly

Alzheimer's Meeting

Church of the Beatitudes
555 W. Glendale Ave. Phoenix
1st & 3rd Tuesday, 12:30 - 2:00 p.m.

Parkinson's Meeting

Church of the Beatitudes
Patio Room
555 W. Glendale Ave., Phoenix
2nd Wednesday, 1:30 - 3:00 p.m.
Ice Cream Social in May

Skyway Church of the West Valley
14900 W. Van Buren, Goodyear
2nd Thursday, 10:00 - 11:00 a.m.

General Caregiver Groups Phoenix

John C. Lincoln Cowden Ctr.
2nd St. (south of Hatcher)
1st Wednesday, 10:30 a.m.
602-870-6374

Church of the Beatitudes
Patio Room
555 W. Glendale Ave. Phoenix
2nd Saturday, 10:30 - Noon

Shadow Mountain Senior Ctr.
3546 E. Sweetwater, Phoenix
2nd Tuesday, 12:30 - 1:30 p.m.

Glendale

"Caring Friends"
Thunderbird Baptist Village
13617 N. 55th Ave., Glendale
3rd Tuesday, 10:30 - 11:30 a.m.
May meeting: Special guest

Scottsdale

Scottsdale Senior Center
10440 E. Via Linda, Scottsdale
2nd Tuesday, 10:00 - 11:00 a.m.

Please check inside:
Support group news for more information
or to register for events.
Call: 602-274-5022

