

Generations

Area 13 Agency On Aging & Disability

A member of the **IN**connect Alliance.



Fall/Winter 2017-18 • Volume 58



INSIDE THIS ISSUE

HONOR FLIGHT OF
SOUTHERN INDIANA

CAREGIVER STRESS
AND BURNOUT

2016-2017 ANNUAL REPORT

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**Volume 58
Fall/Winter
2017-18**

Generations

Area 13 Agency On Aging & Disability

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Generations, affiliated with Vincennes University, is a not-for-profit agency which serves older adults, individuals with disabilities of all ages and caregivers in the counties of Daviess, Dubois, Greene, Knox, Martin and Pike, without regard to race, national origin, sex, age, religion, disability, and/or sexual orientation by providing resources that foster personal independence while assuring individual dignity and an enhanced quality of life.

TABLE OF CONTENTS

ARTICLES OF INTEREST

- 5 Vincennes University Adult Basic Education - Serving Sixteen to Seniors
- 9 Honor Flight of Southern Indiana
- 17 New Medicare Cards Coming Soon

CAREGIVER

- 3 Caregiver Stress and Burnout
- 10 The Hidden Male Caregiver
- 18 Words from the Heart
- 20 Caregiver Corner – The Importance of Counseling for Caregiver Burnout

HEALTH AND SAFETY

- 6 Cold Weather Safety for Older Adults

LEGAL

- 21 Spouses of Nursing Home Residents: Avoid These Medicaid Traps!

GENERATIONS

- 2 Letter from Generations' Executive Director
- 11 Generations' Annual Report – Fiscal Year 2016-2017
- 17 Generations' Advisory Council Members

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Letter from Generations' Executive Director

Yes, I am that person who starts listening to Christmas music before it is socially acceptable. I try to contain myself until after Halloween, but it is hard. I warn my co-workers when I am getting ready to que up the Christmas tunes, and they shake their heads. Fortunately, I have very understanding co-workers. Something about the music boosts my spirit and makes me feel all warm and fuzzy inside.

What is it about the spirit of the holiday season that brings out the best in people? Why do we feel more compelled to give this time of year? Not just donations, but our time as well. I don't really believe that tax purposes are the primary reason.

For the last eight years, I have witnessed this generosity first hand. Generations started a project called Build-a-Basket eight years ago. The project started because we had clients who didn't necessarily want Christmas presents, they just wanted some of the basic necessities such as soap, toilet paper and cleaning supplies. One of my co-workers came up with the idea to ask people to fill laundry baskets with these everyday items, and we would give them to clients.

Our first year we set a goal of 40 baskets. We got over 300. We were not prepared for the number of baskets that first year, but we made sure they went to good homes. Since then, the numbers have grown every year and we have been able to provide some Christmas spirit to all of those in need.

This is one of my favorite Generations' projects and not just because it provides clients with the basic necessities. I love the spirit of giving that goes with it. We get baskets from elementary school classes, high school clubs, other community organizations, individuals and Vincennes University students. The first year the VU students put together a significant number of baskets, I was overwhelmed. College students are notoriously broke, and yet they come through every year.

I love the creativity that goes into some of the baskets. Some offices have actually held contests for the best decorated basket. We get baskets

with Christmas trees in them, lights draped around them or every item in the basket wrapped. We have had them come in wrapped up to look like a snowman. People don't just put in the time to purchase the items, but go the extra mile to make the baskets special.

We have families that make Build-a-Basket their family project for the holiday season. They save their money as a family and go together to buy the items for the basket. Taking special care to purchase just the right items. They take the time to include special notes for the recipients. More importantly, they come together as a family to make someone's Christmas a little brighter.

We have individuals that have donated baskets every year. In fact, some start calling us in October wanting to know when they can drop off their baskets. We also have folks who aren't able to actually do the shopping themselves and send us money asking us to Build-a-Basket for them.

Right from the beginning this project took on a life of its own. The time and organization that goes into pulling off this project is nothing short of a miracle.

Generations staff and their families work after hours and do a lot of heavy lifting to get all of these baskets delivered before



Christmas is doing a little something extra for someone.

Charles M. Schulz

Christmas. Can I just say Santa's workshop has nothing on Generations.

It isn't the sheer number of baskets we get every year that overwhelms me, but the generosity of spirit behind it. The continued support that Generations gets for this project warms my heart. Thank you to everyone who has supported it for the last eight years.

As we enter our 9th year of Build-a-Basket, I am looking forward to what it brings.

Handwritten signature of Laura Holscher.

Laura Holscher
Executive Director, Generations

Caregiver Stress and Burnout

Tips for Regaining Your Energy, Optimism and Hope

www.helpguide.org

The demands of caregiving can be overwhelming, especially if you feel you're in over your head or have little control over the situation. If the stress of caregiving is left unchecked, it can take a toll on your health, relationships, and state of mind—eventually leading to burnout.

When you're burned out, it's tough to do anything, let alone look after someone else. That's why taking care of yourself isn't a luxury, it's a necessity. There are plenty of things you can do to rein in the stress of caregiving and regain a sense of balance, joy, and hope in your life.

WHY IS CAREGIVING SO STRESSFUL?

Caring for a loved one can be very rewarding, but it also involves many stressors. And since caregiving is often a long-term challenge, the stress it generates can be particularly damaging. You may face years or even decades of caregiving responsibilities. It can be particularly disheartening when there's no hope that your family member will get better or if, despite your best efforts, their condition is gradually deteriorating.

If you don't get the physical and emotional support you need, the stress of caregiving can leave you vulnerable to a wide range of problems, including depression, anxiety, and burnout. And when you get to that point, both you and

the person you're caring for suffer. That's why managing the stress levels in your life is just as important as making sure your family member gets to their doctor's appointment or takes their medication on time. No matter how stressful your caregiving responsibilities or how bleak your situation seems, there are plenty of things you can do to ease your stress levels, regain your balance, and start to feel positive and hopeful again.

SIGNS AND SYMPTOMS OF CAREGIVER BURNOUT

By learning to recognize the signs of caregiver stress, you can take steps to deal with the problem and prevent burnout. Or if you recognize that you've already hit breaking point, you can take action right away. Once you burn out, caregiving is no longer a healthy option for either you or the person you're caring for, so it's important to watch for the warning signs.

Common signs and symptoms of caregiver stress:

- Anxiety, depression, irritability
- Feeling tired and run down
- Difficulty sleeping
- Overreacting to minor nuisances
- New or worsening health problems
- Trouble concentrating
- Feeling increasingly resentful

- Drinking, smoking, or eating more
- Neglecting responsibilities
- Cutting back on leisure activities

Common signs and symptoms of caregiver burnout:

- You have much less energy than you once had
- It seems like you catch every cold or flu that's going around
- You're constantly exhausted, even after sleeping or taking a break
- You neglect your own needs, either because you're too busy or you don't care anymore
- Your life revolves around caregiving, but it gives you little satisfaction
- You have trouble relaxing, even when help is available
- You're increasingly impatient and irritable with the person you're caring for
- You feel helpless and hopeless

FINDING BALANCE IN YOUR LIFE

Since it's easier to accept a difficult situation when there are other areas of your life that are rewarding, it's important not to let caregiving take over your whole existence. Invest in things that give you meaning and purpose—whether it's your family, church, a favorite hobby, or your career. While caring for a loved one will never be stress-free, the following tips can help you to lighten the load and feel more balanced.

Continued on Page 4

Caregiver Stress and Burnout

Continued from Page 3

FINDING WAYS TO FEEL EMPOWERED

Feeling powerless is the number one contributor to burnout and depression. And it's an easy trap to fall into as a caregiver, especially if you feel stuck in a role you didn't expect or helpless to change things for the better.

But no matter the situation, you aren't powerless. This is especially true when it comes to your state of mind. You can't always get the extra time, money, or physical assistance you'd like, but you can always get more happiness and hope.

- **Embrace your caregiving choice.** Acknowledge that, despite any resentments or burdens you feel, you have made a conscious choice to provide care. Focus on the positive reasons behind that choice. Perhaps you provide care to repay your parent for the care they gave you growing up. Or maybe it's because of your values or the example you want to set for your children. These deep, meaningful motivations can help sustain you through difficult times.
- **Focus on the things you can control.** You can't wish your mother's cancer away or force your brother to help out more. Rather than stressing out over things you can't control, focus on the way you choose to react to problems.
- **Celebrate the small victories.** If you start to feel discouraged, remind yourself that all your efforts matter. You don't have to cure your loved one's illness
- **Get the appreciation you need.** Feeling appreciated can go a long way toward not only accepting a stressful situation, but enjoying life more. Studies show that caregivers who feel appreciated experience greater physical and emotional health. Caregiving actually makes them happier and healthier, despite its demands. But what can you do if the person you're caring for is no longer able to feel or show their appreciation for your time and efforts?
- **Imagine how your loved one would respond if they were healthy.** If they weren't preoccupied with illness or pain (or disabled by dementia), how would your loved one feel about the love and care you're giving? Remind yourself that the person would express gratitude if they were able.
- **Applaud your own efforts.** If you're not getting external validation, find ways to acknowledge and reward yourself. Remind yourself of the good you're doing. If you need something more concrete, try making a list of all the ways your caregiving is making a positive difference. Refer back to it when you start to feel low.
- **Talk to a supportive family member or friend.** Positive reinforcement doesn't have to come from the person you're caring for. When you're feeling unappreciated, turn to friends

and family who will listen to you and acknowledge your efforts.

ASK FOR HELP

Taking on all of the responsibilities of caregiving without regular breaks or assistance is a surefire recipe for burnout. Don't try to do it all alone.

Tips for getting the caregiving help you need:

- **Look into respite care.** Enlist friends and family who live near you to run errands, bring a hot meal, or "baby-sit" the patient so you can take a well-deserved break. In-home services can also be provided by volunteers or paid help, either occasionally or on a regular basis. Or you can explore out-of-home respite programs such as adult day care centers and nursing homes.
- **Speak up.** Don't expect friends and family members to automatically know what you need or how you're feeling.

Continued on Page 7



Vincennes University Adult Basic Education

Serving Sixteen to Seniors

For Vincennes University Adult Basic Education (VU ABE), “business” has become so much more than just helping adults earn their High School Equivalency (formerly known as GED). VU ABE services have recently expanded to encompass the following (ALL FREE):

- HSE preparation & basic skills instruction (in-person classes & online options)
- College/post-secondary education preparation
- Career readiness skills
- Career counseling and guidance
- Job training/certification/apprenticeship opportunities

High numbers of adults widely ranging in age are living new, improved lives after taking advantage of these expanded programs and trainings VU ABE now offers. One of these is Tasha Anders, 33, a Southern Indiana resident who, inspired through VU ABE classes, is now a Qualified Medication Aide (QMA) working to pursue a career in nursing.

“I wanted to show my children there is more to life than playing video games,” Anders said. “I’m proud of myself for earning my HSE (GED). I’m excited, and I can’t wait to see what the future holds for me. I should’ve stayed in school many years ago, and this has given me the opportunity to go further and do what I want to do in life,” she continued. “I’m trying to encourage others to do it because it will change your life.”

Alex Royster, 25, “didn’t have his head on straight” in high school, getting expelled from multiple schools. He eventually found God and decided to devote his life to Him. Now Royster is headed to seminary school, where he hopes to grow in his faith. He says he would never be able to move forward without earning his HSE with the help of VU ABE.

“I’m trying to encourage others to do it because it will change your life.”

“I knew earning my high school diploma was a milestone that needed to be reached in order for me to further any goals that I had of moving forward in my life,” Royster commented. “It was a really tough decision for me because I felt like I had been out of school for so long, and that there was no way I could come back and pass this test. But Lord willing, I came through and passed it within four weeks.”

VU ABE Adult Education classes/services are offered FREE to people ages 16 & up in the 14 Southern Indiana counties of Daviess, Dubois, Gibson, Knox, Lawrence, Martin, Orange, Perry, Pike, Posey, Spencer, Sullivan, Vanderburgh, and Warrick. If you/someone you know have questions or are in need of an HSE and/or free job training opportunities, call (812) 270-0430 or e-mail LKBell@vinu.edu today!



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Cold Weather Safety for Older Adults

National Institute on Aging

If you are like most people, you feel cold every now and then during the winter. What you may not know is that just being really cold can make you very sick.

Older adults can lose body heat fast—faster than when they were young. Changes in your body that come with aging can make it harder for you to be aware of getting cold. A big chill can turn into a dangerous problem before an older person even knows what's happening. Doctors call this serious problem hypothermia.

What Is Hypothermia?

Hypothermia is what happens when your body temperature gets very low. For an older person, a body temperature colder than 95°F can cause many health problems, such as a heart attack, kidney problems, liver damage, or worse.

Being outside in the cold, or even being in a very cold house, can lead to hypothermia. Try to stay away from cold places, and pay attention to how cold it is where you are. You can take steps to lower your chance of getting hypothermia.

Keep Warm Inside

Living in a cold house, apartment, or other building can cause hypothermia. In fact, hypothermia can happen to someone in a nursing home or group facility if the rooms are not kept warm enough. If someone you know is in a group facility, pay attention to the inside temperature and to whether that person is dressed warmly enough.

People who are sick may have special problems keeping warm. Do not let it get too cold inside and dress warmly. Even if you keep your temperature between 60 and 65 degrees Fahrenheit, your home or apartment may not be warm enough to keep you safe. This is a special problem if you live alone because there is no one else to feel the chilliness of the house or notice if you are having symptoms of hypothermia.

Here are some tips for keeping warm while you're inside:

- Set your heat at 68°F or higher. To save on heating bills, close off rooms you are not using. Close the vents and shut the doors in these rooms, and keep the basement door closed. Place a rolled towel in front of all doors to keep out drafts.

Continued on Page 18



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Caregiver Stress and Burnout

Continued from Page 4

Be up front about what's going on with you and the person you're caring for. If you have concerns or thoughts about how to improve the situation, express them—even if you're unsure how they'll be received. Get a dialogue going.

- **Spread the responsibility.** Try to get as many family members involved as possible. Even someone who lives far away can help. You may also want to divide up caregiving tasks. One person can take care of medical responsibilities, another with finances and bills, and another with groceries and errands, for example.
- **Set up a regular check-in.** Ask a family member, friend, or volunteer from your church or senior center to call you on a set basis (daily, weekly, or as often as you think you need it). This person can help you spread status updates and coordinate with other family members.
- **Say “yes” when someone offers assistance.** Don't be shy about accepting help. Let people feel good about supporting you. It's smart to have a list

ready of small tasks that others could easily take care of, such as picking up groceries or driving your loved one to an appointment.

- **Be willing to relinquish some control.** Delegating is one thing, trying to control every aspect of care is another. People will be less likely to help if you micromanage, give orders, or insist on doing things your way.

GIVE YOURSELF A BREAK

As a busy caregiver, leisure time may seem like an impossible luxury. But you owe it to yourself—as well as to the person you're caring for—to carve it into your schedule. Give yourself permission to rest and to do things that you enjoy on a daily basis. You will be a better caregiver for it.

There's a difference between being busy and being productive. If you're not regularly taking time-off to de-stress and recharge your batteries, you'll end up getting less done in the long run. After a break, you should feel more energetic and focused, so you'll quickly make up for your relaxation time.

- **Maintain your personal relationships.** Don't let your friendships get lost in the shuffle of caregiving. These relationships will help sustain you and keep you positive. If it's difficult to leave the house, invite friends over to visit with you over coffee, tea, or dinner.
- **Prioritize activities that bring you enjoyment.** Make regular time for things that bring you happiness, whether it's reading, working in the garden, tinkering in your workshop, knitting, playing with the dogs, or watching the game.
- **Find ways to pamper yourself.** Small luxuries can go a long way in relieving stress and boosting your spirits. Light candles and take a long bath. Ask your spouse for a back rub. Get a manicure. Buy fresh flowers for the house. Or whatever makes you feel special.
- **Make yourself laugh.** Laughter is an excellent antidote to stress—and a little goes a long way. Read a funny book, watch a comedy, or call a friend who makes you laugh. And whenever you can, try to find the humor in everyday situations.


Continued on Page 8

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Caregiver Stress and Burnout

Continued from Page 7

- **Get out of the house.** Seek out friends, family, and respite care providers to step in with caregiving so you can have some time away from the home.

TAKE CARE OF YOUR HEALTH

Think of your body like a car. With the right fuel and proper maintenance, it will run reliably and well. Neglect its upkeep and it will start to give you trouble. Don't add to the stress of your caregiving situation with avoidable health woes.

- **Keep on top of your doctor visits.** It's easy to forget about your own health when you're busy with a loved one's care. Don't skip check-ups or medical appointments. You need to be healthy in order to take good care of your family member.
- **Exercise.** When you're stressed and tired, the last thing you feel like doing is exercising. But you'll feel better afterwards. Exercise is a powerful stress reliever and mood enhancer. Aim for a minimum of 30 minutes on most days—break it up into three 10-minute sessions if that's easier. When you exercise regularly, you'll also find it boosts your energy level and helps you fight fatigue.
- **Meditate.** A daily relaxation or meditation practice can help you relieve stress and boost feelings of joy and well-being. Try yoga, deep breathing, progressive muscle relaxation, or mindfulness meditation. Even a few minutes in the middle of an overwhelming day can help you feel more centered.
- **Eat well.** Nourish your body with fresh fruit, vegetables, lean protein, and healthy fats such as fish, nuts, and olive oil. Unlike sugar and caffeine—which provide a quick pick-me-up and an even quicker crash—these foods will fuel you with steady energy.

- **Don't skimp on sleep.** Cutting back on time in bed is counterproductive—at least if your goal is to get more done. Most people need more sleep than they think they do (8 hours is the norm). When you get less, your mood, energy, productivity, and ability to handle stress will suffer.

JOIN A SUPPORT GROUP

A caregiver support group is a great way to share your troubles and find people who are going through similar experiences each day. If you can't leave the house, many Internet groups are also available.

In most support groups, you'll talk about your problems and listen to others talk; you'll not only get help, but you'll also be able to help others. Most important, you'll find out that you're not alone. You'll feel better knowing that other people are in the same situation, and their knowledge can be invaluable, especially if they're caring for someone with the same illness as your loved one.

To find a community support group, check the yellow pages, ask your doctor or hospital, or call a local organization that deals with your loved one's health problem. To find an Internet support group, visit the websites of organizations dedicated to your loved one's health problem.

Local vs. Online Support Groups for Caregivers

Local support groups:	Online support groups:
People live near each other and meet in a given place each week or month.	People are from all over the world and have similar interests or problems.
You get face-to-face contact and a chance to make new friends who live near you.	You meet online, through email lists, websites, message boards, or social media.
The meetings get you out of the house, get you moving provide a social outlet, and reduce feelings of isolation.	You can get support without leaving your house, which is good for people with limited mobility or transportation problems.
Meetings are at a set time. You will need to attend them regularly to get the full benefit of the group.	You can access the group whenever it's convenient for you or when you need help most.
Since the people in the support group are from your area, they'll be more familiar with local resources and issues.	If your problem is very unusual—a rare disease, for example—there may not be enough people for a local group, but there will always be enough people online.

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Heroes! That's what they are - the selfless men and women of our armed forces who have served and continue to serve to protect our great nation and the freedoms that we enjoy each and every day. Over the years, these brave souls have put themselves in harm's way time and again. Some of them making the ultimate sacrifice for their country – for us!

The Honor Flight of Southern Indiana recognizes the sacrifice made by our aging veterans and is giving back! Honor Flight Network is a non-profit organization created solely to honor America's veterans for all their sacrifices. They transport these heroes to Washington, D.C. to visit and reflect at their memorials.

In October 2014, an Honor Flight to Washington, D.C. departed from Evansville for the first time. That initial flight, which brought 3,000+ teary-eyed supporters to Evansville Regional Airport, was under the mentorship of Indy Honor Flight. After the success of this inaugural Honor Flight out of Evansville in 2014, a strong committee of professionals, led by local residents Ashley Gregg and Jerry Clewlow, pushed to bring an Honor Flight hub to Southern Indiana veterans and their families. The second Honor Flight out of Evansville was on

Visiting the Memorials in Washington, D.C.



Honor Flight of Southern Indiana gifts each veteran on each flight with a poster of them during their time in service. The veterans get to keep these posters as souvenirs from their trip.



“Our debt to the heroic men and valiant women in the service of our country can never be repaid. They have earned our undying gratitude. America will never forget their sacrifices.”

-President Harry S. Truman



May 30th, 2015 which was the first official flight for the Honor Flight of Southern Indiana hub. This hub serves veterans in the Indiana counties of Crawford, Daviess, Dubois, Gibson, Knox, Lawrence, Martin, Orange, Perry, Pike, Posey, Spencer, Vanderburgh and Warrick. Greene county veterans are served by the Indy Honor Flight.

Top priority is given to senior veterans – World War II survivors, along with other veterans who may be terminally ill. At present, there are no World War II veterans waiting, so Korean War veterans and Vietnam War veterans are encouraged to submit an application. Eligible veterans include anyone (male or female) who has served active duty ANYWHERE at ANY TIME and was HONORABLY DISCHARGED. This is a FREE one-day trip for veterans! 80-85 veterans are selected for each flight.

Continued on Page 14



The Hidden Male Caregiver

by Christina Ianzito, AARP

When we think of family caregivers, we tend to think of women. And in fact the typical caregiver is a middle-aged woman caring for a relative, often her mother.



But the face of American caregiving is changing rapidly, according to “Breaking Stereotypes: Spotlight on Male Family Caregivers,” a recent report from AARP. Eight years ago, just 34 percent of caregivers surveyed were men. Today, 40 percent of the 40 million Americans caring for a loved one are male.

In many respects, male caregivers resemble their female counterparts. Both say they had little choice about taking on caregiving responsibilities, whether they are caring for a parent, a spouse or partner, or other relative. Both are more prone to health problems and depression than non-caregivers. Both often not only manage finances and medical care, but also provide personal care, including helping their loved one with eating, bathing, dressing and toileting.

Continued on Page 22



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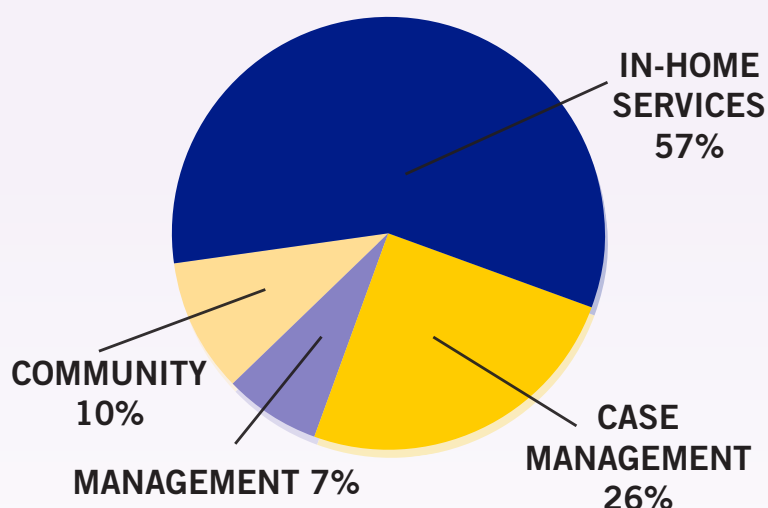
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Generations depends on federal and state dollars and donations from individuals and charities. Below is a profile of our financial position.

Our major funding sources include Older Americans Act, CHOICE, Social Service Block Grant, Medicaid Waiver and RSVP. Generations also receives funding from area businesses, community foundations, industries and individuals to support the programs and services offered by our agency.



REVENUES

Federal Funds	\$1,790,456
State Funds	\$967,075
Client Contributions	\$39,138
In-Kind Match	\$69,226
Fees/Cost Share	\$3,013
Cash/Other/Grants	\$151,398
TOTAL	\$3,020,306

UNITS OF SERVICE

Meals on Wheels	93,449 Meals
Congregate Meals	16,364 Meals
Homemaker	6,601 Hours
Legal	250 Hours
Ombudsman	1,950 Hours
Transportation	29,327 Rides
Information & Assistance	1,527 Contacts
Case Management	66,135 Units
Personal Care	13,436 Hours
Adult Day Services	5,444 Hours
Volunteer Services	37,909 Hours
Pre-Admission Screening	286 Hours

EXPENDITURES

REVENUE

Aging & Disability Resource Center	\$302,498
Transportation	\$52,289
In-Home Service	\$570,937
Home Delivered Meals	\$700,545
Congregate Meals	\$96,698
Case Management	\$831,846
Legal	\$6,275
Ombudsman	\$59,288
Management	\$200,903
Healthy Aging/AngelWorx	\$128,609
Caregiver	\$70,418
TOTAL	\$3,020,306

AGING & DISABILITY RESOURCE CENTER

- Office-based Options Counselors provided options counseling to 1,602 callers.
- SHIP (State Health Insurance Assistance Program) Counselors conducted 74 counseling sessions with older adults needing guidance with Medicare Part D plans and other health insurance issues.
- Of Consumer Satisfaction Surveys returned, 95% indicated that individuals assisted by on Options Counselor were pleased with the help that they received and would call again.
- 2,103 clients received face-to-face assessments and options counseling.

ANGELWORX VOLUNTEER PROGRAM

- Generations' volunteers, Judy Harrell and Rosie Cogdill, were honored with the state's Golden Hoosier Award which recognizes senior volunteers from all over the state.



- 1,294 pre-school and kindergarten children were screened for common eye problems through the vision screening program. 104 children were referred on for professional testing.

- 26 Little Elves Workshops provided 646 children with the opportunity to "shop" for Christmas gifts for the adult caregivers in their homes.
- Disability Awareness Programs provided over 948 students with an opportunity to experience some of the challenges that individuals with disabilities face daily.
- Color for a Cause Program collected 3,208 coloring pages from students and delivered them to homebound clients and residents of long-term care facilities.

- Build*A*Basket provided 782 baskets filled with every day necessities for homebound clients.



- The Happy Hoopers made and delivered 125+ chemo caps, 50+ port pads and 75+ newborn blankets to Good Samaritan Hospital. Also, Love-A-Bears continue to be made and delivered in partnership with Helping His Hands ministry, Good Samaritan Hospital and Willow Manor's Alzheimer's Unit & Hospice.
- 185 pet beds were assembled by Generations volunteers have been delivered to the Pet Port and local Humane Society.

CASE MANAGEMENT

- Case Managers made a total of, at least, 2,300 home visits to over 600 clients.
- Case Managers are serving over 450 Aged & Disabled Medicaid Waiver clients, a record number for Generations. Not only does this generate revenue for the organization, but it also diverts individuals from the nursing facility.
- Of Client Satisfaction Surveys returned, 99% indicated that the client is satisfied with his/her case manager.
- Case Managers juggled their caseloads while learning a brand new assessment tool implemented by the Division of Aging.
- Generations is currently serving 4 veterans through The Veterans Directed Home and Community Based Services (VD-HCBS) program which is designed to allow veterans who are potential candidates for nursing home placement to receive that level of care in their homes, their caregivers' homes or in non-supportive, independent living communities.
- Caregiver coaching services continue through the RCI REACH program. This program provides one-on-one coaching for caregivers who are caring for those with dementia and/or Alzheimer's Disease.

PORT FISCAL YEAR 2016-2017

NUTRITION

- Generations partnered with four local facilities to provide daily hot meals to clients in their area. Martin County Council on Aging, Senior & Family Services, The Villages at Oak Ridge and Ketcham Memorial Long-term Care Facility are all approved providers to deliver daily hot meals in Loogootee, Shoals, Washington and Odon.
- 93,449 meals were delivered to homebound clients and 16,364 meals were served at congregate sites.
- All clients received home delivered meals receive a face to face home visit including options counseling before they receive daily meals.
- Consumer Satisfaction Surveys showed that 98% of the Meals on Wheels clients would recommend the program to a friend.

HEALTHY AGING

- 115 people participated in the Generations' Trailblazer 5k on the campus of Vincennes University.
- 280 Senior Farmers Market vouchers were distributed.
- Approximately 116 people participated in Matter of Balance workshops. Two Generations staff members were trained as Matter of Balance Master Trainers which will allow for the training of additional lay trainers; this could lead to more classes being offered throughout the year.
- Coordinated Fit & 50+ activities throughout the summer and fall to promote physical activity older adults.
- Generations partnered with Senior Education Ministries' Dine with a Doc® program which provides monthly opportunities for older adults to interact with area physicians while enjoying fellowship with others and a free meal.
- Generations' Caregiver Connection event held on the Vincennes University campus provided family caregivers with resources and information to assist them with their caregiving duties.
- Generations provided numerous presentations throughout the community on topics such as Advance Care Planning, Medicare and Generations services.

OMBUDSMAN

- 74 consultations were provided to long-term care facilities and 92 visit to facilities were completed.
- 181 residents and staff from 26 long-term care facilities attended the 2017 Area Wide Residents' Council Meeting at Vincennes University.



MAJOR ACCOMPLISHMENTS/AWARDS

- Generations was selected by the Corporation for National and Community Service to receive Senior Corps RSVP funding to support senior volunteer services in our service areas of Greene and Knox counties. Generations was 1 of 50 communities nationwide to be selected to receive this funding.
- Generations' Stacey Kahre presented at the National Association of Area Agencies on Aging Annual Tradeshow and Conference in Savannah, GA. The presentation was attended by Area Agencies on Aging from around the country and addressed how to develop local partnerships with area long-term care facilities, hospitals, and others to ensure that the nutritional needs of home bound aged and disabled individuals in the community are being met. Stacey has since been approached by the state of Maryland to present a webinar in regard to the same topic.
- Generations was instrumental in HB 1287 (new CHOICE) being signed into law.



HONOR FLIGHT OF SOUTHERN INDIANA

Continued from Page 9

Flights generally take place twice a year, once in the spring and once in the fall. Once a veteran has applied, the application will be kept on file until the veteran is chosen for a flight; there is no need to re-submit an application for the flight.

Each veteran has a guardian accompany them on the flight. Guardians must make a \$450 donation to cover the full day of travel and meals (after being selected, not at the time of application). Guardians must be at least 18 years of age, must be physically fit and able to assist the heroes as needed and CAN NOT be a spouse. Many veterans already have a family member signed up as their trip guardian, and there are several hundred guardians on the wait list. Because many of the guardians on the waiting list will never get the opportunity to travel with a hero, Honor Flight encourages people to volunteer in other ways in which they will still be able to interact with the veterans. Anyone, age 18 and above, can serve as a volunteer and need only to fill out the volunteer application on the website. Another way that you can show your support is through donations, which are tax deductible. The cost to send just one veteran on his or her Honor Flight is \$450. This program simply would not be possible without public support.

Honor A Veteran Wheelchair Sponsorship offers another opportunity to support Honor Flight of Southern Indiana. Wheelchairs are taken for each veteran on each flight. A \$100 sponsorship will help to provide and maintain needed wheelchairs for veterans to use on future flights while permanently honoring the veteran in your life.

When you sponsor a wheelchair, a banner will be attached to the back of wheelchair in honor of, or in memory of your loved one along with his or her branch of service, rank, and war served (if applicable). For instruction on how to become a wheelchair sponsor, please visit the website at honorflightSI.org and click the donation tab.

Still looking for other ways to participate, check out Operation Mail Call, or join in the festivities at the Welcome Home Parade at the Evansville Regional Airport when the veterans return from their special day. This is an emotional experience which offers a chance to say "Thank you for my freedom!"

For more information on upcoming Honor Flight dates, how you can support the Honor Flight mission or to apply for Veterans, Guardians, or Volunteers, visit their website at www.HonorFlightSI.org. You may also follow them on Facebook at Honor Flight of Southern Indiana and Twitter at @honorflightSI.



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New Medicare Cards Coming Soon

Nancy Gilmer Moore, Senior Medicare Patrol

To prevent fraud and identity theft, the Medicare Access and CHIP Reauthorization Act (MACRA) was passed on April 16, 2015 requiring the removal of the Social Security Number from the Medicare card.

Beginning next year, Medicare beneficiaries will be mailed a new card with a Medicare Beneficiary Identifier (MBI) from April 1, 2018 – April 1, 2019. To confirm that your mailing address is up-to-date, go to mysocialsecurity.com, call 1-800-772-1213, or go to your local Social Security office. The Social Security Number (SSN) will be replaced with a Medicare Beneficiary Identifier (MBI) of 11 letters and numbers.

Con artists are opportunists and target seniors, especially in times of transition or change. Senior Medicare Patrols (SMPs) nation-wide are already receiving reports of scammers calling

beneficiaries posing as government officials from Medicare, Social Security Administration, IRS, etc. They claim they need to confirm your SSN and charge a fee for the new cards to expedite the service, for example. Medicare will NOT charge you for the new card, nor will they call to confirm your SSN! Don't fall victim, if you receive a call like this, hang up and report it to Indiana SMP!

The only change to your Medicare program is the mailing of a new card beginning April 2018. The roll out of the new cards continues until April 2019. Your benefits are not affected. Medicare recommends that you shred your old card once you receive the new card. Medicare beneficiaries and their caregivers should continue to protect the new Medicare card information and not give out ANY personal information to strangers or unsolicited medical providers. Guard your card!

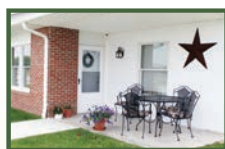
If you have a group that would benefit from a presentation about this and other ways to protect yourself from Medicare fraud, please contact Nancy Moore at 317.205.9201 or nmoore@iaaaa.org.



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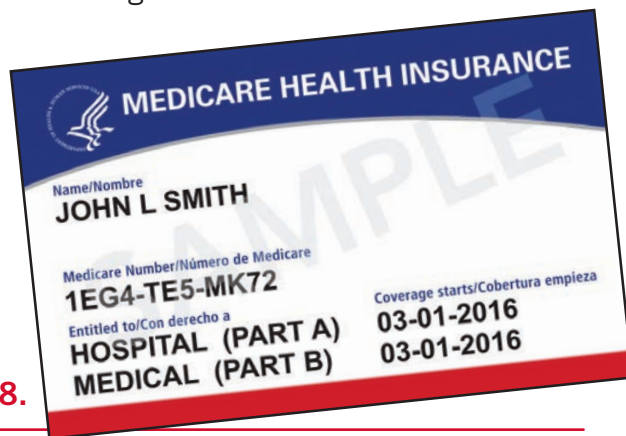
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Words from the Heart

Thoughts on Caregiving for Elderly Parents

Pam Shepherd O'Brien

Caregivers of elderly parents are emotionally attached (because of their love for them), exhausted (because of the hours we're away from home), happy (because some days we make them smile), scared (because of the decisions they want us to make), frustrated (because they don't understand ANYTHING), confused (because they constantly change their minds), stressed (because of the responsibility we carry), distracted (because our mind is in overdrive), overwhelmed (because their comfort is in our hands) and depressed (because we feel we just can't do enough). But, how can you ever repay a parent for all they have done for YOU? The feedings that started at birth, diaper changes, clothing you from birth to ??, the doctor visits, dentist visits, holding your hand when you're sick, washing your clothes, providing a place for you to live, and on and on...After thinking about all they have done, I feel blessed that I'm their caregiver and know that I would never be able to come close to repaying them, and that gives me strength for another day as a caregiver.

Cold Weather Safety for Older Adults

Continued from Page 6

- Make sure your house isn't losing heat through windows. Keep your blinds and curtains closed. If you have gaps around the windows, try using weather stripping or caulk to keep the cold air out.
- Dress warmly on cold days even if you are staying in the house. Throw a blanket over your legs. Wear socks and slippers.
- When you go to sleep, wear long underwear under your pajamas, and use extra covers. Wear a cap or hat.
- Make sure you eat enough food to keep up your weight. If you don't eat well, you might have less fat under your skin. Body fat helps you to stay warm.
- Drink alcohol moderately, if at all. Alcoholic drinks can make you lose body heat.
- Ask family or friends to check on you during cold weather. If a power outage leaves you without heat, try to stay with a relative or friend.

You may be tempted to warm your room with a space heater. But, some space heaters are fire hazards, and

others can cause carbon monoxide poisoning. The Consumer Product Safety Commission has information on the use of space heaters. Read the following for more information: Reducing Fire Hazards for Portable Electric Heaters and Seven Highly Effective Portable Heater Safety Habits.

Bundle Up on Windy, Cold Days

A heavy wind can quickly lower your body temperature. Check the weather forecast for windy and cold days. On those days, try to stay inside or in a warm place. If you have to go out, wear warm clothes, and don't stay out in the cold and wind for a long time.

Here are some other tips:

- Dress for the weather if you have to go out on chilly, cold, or damp days.
- Wear loose layers of clothing. The air between the layers helps to keep you warm.
- Put on a hat and scarf. You lose a lot of body heat when your head and neck are uncovered.
- Wear a waterproof coat or jacket if it's snowy.

Illness, Medicines, and Cold Weather

Some illnesses may make it harder



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for your body to stay warm. Diabetes, thyroid problems, Parkinson's disease, memory loss, and arthritis are problems that can make it harder for older adults to stay warm. Talk with your doctor about your health problems and how to prevent hypothermia.

Taking some medicines and not being active also can affect body heat. These include medicines you get from your doctor and those you buy over-the-counter. Ask your doctor if the medicines you take may affect body heat. Always talk with your doctor before you stop taking any medication.

Here are some topics to talk about with your doctor to stay safe in cold weather:

- Ask your doctor about signs of hypothermia.
- Talk to your doctor about any health problems and medicines that can make hypothermia a special problem for you. Your doctor can help you find ways to prevent hypothermia.
- Ask about safe ways to stay active even when it's cold outside.

What Are the Warning Signs of Hypothermia?

Sometimes it is hard to tell if a person has hypothermia. Look for clues. Is the house very cold? Is the person not dressed for cold weather? Is the person speaking slower than normal and having trouble keeping his or her balance?

Watch for the signs of hypothermia in yourself, too. You might become confused if your body temperature gets very low. Talk to your family and friends about the warning signs so they can look out for you.

Early signs of hypothermia:

- Cold feet and hands
- Puffy or swollen face
- Pale skin
- Shivering (in some cases the person with hypothermia does not shiver)
- Slower than normal speech or slurring words
- Acting sleepy
- Being angry or confused

Later signs of hypothermia:

- Moving slowly, trouble walking, or being clumsy
- Stiff and jerky arm or leg movements
- Slow heartbeat
- Slow, shallow breathing
- Blacking out or losing consciousness

Call 911 right away if you think someone has warning signs of hypothermia.

What to do after you call 911:

- Try to move the person to a warmer place.
- Wrap the person in a warm blanket, towels, or coats—whatever is handy. Even your own body warmth will help. Lie close, but be gentle.
- Give the person something warm to drink, but avoid drinks with alcohol or caffeine, such as regular coffee.
- Do not rub the person's legs or arms.
- Do not try to warm the person in a bath.
- Do not use a heating pad.

Continued on Page 23



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Caregiver Corner

The Importance of Counseling for Caregiver Burnout

The article, The Importance of Counseling for Caregiver Burnout by Denise Clark, was contributed by AgingCare.com.

Although caregiving is a uniquely rewarding experience, it is also a mentally and physically demanding job. Without proper support, it can take a toll on your health and your psyche. Burnout is a caregiver's worst enemy, but resources like counseling can help you provide high-quality care and achieve emotional stability.

The Dangers of Caregiver Burnout

Many family members go through periods of sadness and frustration while caring for a loved one. These are normal human responses to the challenges of the situation, and these feelings do not in any way indicate failure or inadequacy in the provision of care. However, a damaging emotional cycle begins when guilt and anxiety develop over these feelings. Caregivers pour their heart and soul into their loved ones' care, and the stress of this commitment can have unintended emotional consequences.

When asked about signs of caregiver burnout, Shawn Hertz of the Los Angeles Caregiver Resource Center says resentment is a common indicator. "There are quite a few red flags for burnout, including medical, physical, psychological and social symptoms," Hertz points out. "That's the important thing to remember about caregiver stress: it doesn't just affect one aspect of your life. It affects all the major aspects of life that make you a whole person." Being proactive about minimizing your burden and learning how to handle stress in a healthy way is crucial for succeeding as a caregiver.

Why Counseling is a Necessity for Caregivers

The responsibility of caring for a senior's constant needs can cause caregivers to feel trapped in their role. This frustration can quickly grow into anger, resentment and depression when left unchecked. The Family Caregiver Alliance estimates that nearly 20 percent of family caregivers suffer from some form of depression.

Not all caregivers experience depression, anxiety or feelings of inadequacy, but for those who do, learning how to understand and address those feelings is one of the greatest benefits of counseling. The National Institute of Mental Health suggests that caregivers find someone they can talk with and truly vent to without judgment. Being able to confide in someone often helps to head off feelings of isolation and powerlessness in overwhelmed caregivers. Those who receive regular emotional support are better equipped to prevent burnout, handle difficult care decisions and balance their own needs with those of their loved ones.

Counseling Options and Opportunities

Caregivers can receive emotional support from professional therapists, in-person and online support groups, and one-on-one

discussions with friends and family. Skilled therapists can help you process your feelings, learn to set boundaries, strengthen your problem-solving abilities, and improve communication with your care recipient and other family members. Other forms of counseling may be provided by professional care organizations as well. For example, hospice providers often offer specialized grief counseling.

If you decide that talking with a professional is the way to go, check with your health insurance company for a list of providers that are covered under your plan. For those who cannot afford counseling, talking with an understanding friend or family member and joining a support group are two free ways of getting vital encouragement, information and advice. In addition, contact your local Area Agency on Aging to learn about additional resources that can help you care for your loved one and yourself.

Denise Clark has written about health and medical issues, including caring for seniors. She has experience as a certified nursing assistant and has worked at a long-term care facility for geriatric residents.

Spouses of Nursing Home Residents: Avoid These Medicaid Traps!

The financial pitfalls facing a married couple when one spouse requires nursing home care are wide, deep, and surprisingly hidden. The emotional pain of a married person's admission of his or her spouse to a nursing home rivals the painful experience of a spouse's death. Unfortunately, critical financial decisions rush toward the healthier spouse like a flood in that emotionally vulnerable moment. When it seems that things could not get worse, a few seemingly sensible and logical actions can turn a heartbreaking health crisis into an irreversible financial nightmare.

These are some of many actions often result in financial tragedies for married nursing home residents and their spouses:

NORMAL FACT PATTERN: A demented spouse can usually keep countable resources worth up to \$2,000 and the healthier spouse can keep up to 50% of countable resources that the couple owns on the date when the demented spouse requires long-term, inpatient care (called the "Snapshot Date"). **Bad Move:** A healthier spouse might follow advice from non-lawyers to buy a new car and prepay funeral expenses by transferring large life insurance policies to a funeral home. **Sad Result:** The car purchase and funeral expense prepayment shrink the countable resources before the Snapshot Date. The premature resource reduces the countable resource value too soon, so the spouse at home can only keep up to 50% of the reduced countable resource value. **Better Action:** The healthier spouse should delay all expenditures and transfers of life insurance policies and other assets until after consulting with an experienced elder law attorney and after it is clear that the disabled spouse will not return home.

NORMAL FACT PATTERN: The healthier spouse could keep the house, all of the couple's other real estate, a car, and the healthier spouse's IRA. **Terrible Move:** The healthier spouse might cash out his or her IRA and sell the house, other real estate, or the car. **Tragic Result:** The liquidation of previously Medicaid-exempt assets become countable resources that disqualify the nursing home resident for Medicaid! **Better Action:** Consult with an experienced elder law attorney about which kinds of asset sales and account liquidations fit an ideal plan to conserve and protect the healthier spouse's assets.

NORMAL FACT PATTERN: The couple put their children's names on the couple's real estate title about 4 years and 11 months ago and the disabled spouse is in the nursing home now. The title transfer will disqualify the disabled spouse for Medicaid benefits now, but the transfer will have no effect if the couple waits until the transfer is more than 5 years old.

Reckless Move: Apply for Medicaid for the disabled spouse immediately upon admission to a nursing home. **Nightmare Result:** The premature Medicaid application may fall within Medicaid's 5-year "look-back period," **so Medicaid disqualifies the disabled spouse for several months or years of eligibility.** The Healthier spouse must pay the disabled spouse's nursing home bills during the disqualification months instead of only paying one nursing home for the last month of the 5-year lookback period. **Better Action:** Hire an experienced elder law attorney to coordinate a Medicaid application with nursing home officials and financial advisors to make sure that no one files a Medicaid application too soon.

Medicaid is a complicated subject with rules and procedures that change frequently and without warning. Medicaid rules and procedures are especially complicated for married couples. Any amount of training and experience short of and elder law attorney's years of expert level of training and preparation is insufficient to coordinate a married person's Medicaid application if the couple has a house, vehicles, IRAs, life insurance, and other assets. Only a reputable lawyer whose practice concentrates on estate planning and Medicaid eligibility for nursing home care can keep a firm grip on what Indiana Medicaid is doing from one moment to the next.

We encourage individuals, families, and health care providers to contact us about this important topic. Reliable Medicaid eligibility information empowers people to avoid unnecessary tragedies, and we look forward to the opportunity to share that empowering information with our neighbors.

Jeff R. Hawkins and Jennifer J. Hawkins are Trust & Estate Specialty Board Certified Indiana Trust & Estate Lawyers and active members of the Indiana State Bar Association and National Academy of Elder Law Attorneys. Both lawyers are admitted to practice law in Indiana, and Jeff Hawkins is admitted to practice law in Illinois. Jeff is also a registered civil mediator, a Fellow of the American College of Trust and Estate Counsel and the Indiana Bar Foundation; a member of the Illinois State Bar Association and the Indiana Association of Mediators; and he was the 2014-15 President of the Indiana State Bar Association.

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The Hidden Male Caregiver

Continued from Page

But the AARP report — based on focus groups convened around the country — suggested that there might be some differences between male and female caregivers, too.

Men, for instance, may be more uncomfortable with hands-on personal care, although such intimate interactions can be difficult for caregivers of any gender, says report author Jean Accius, vice president at AARP's Public Policy Institute. He maintains that personal care might be particularly hard on those men who haven't spent time in the child-care trenches doing things like changing diapers and giving baths.

Another difference men saw between themselves and female caregivers: They say they are less likely to open up to others when they feel stressed or overwhelmed by caregiving responsibilities.

That was the case for James Dotson of Silver Spring, Md., who has been caring for his mom, Edith, for the past six years. Though he has many relatives in the area — Edith even has great-great-grandchildren — it took years for him to let them know how stressed he's been as her primary caregiver. (Edith has Alzheimer's disease, among other ailments.) Then, in a conference call with a group of family members to update them on her health, he says, "I broke down in tears."

Dotson is much more comfortable these days with his caregiving role. He explains, "I did not have the patience then that I have now." He's also

more willing to ask for help, whether with personal care or ferrying Edith to the doctor or to church.

Dotson says he thinks his past reticence to share his concerns and feelings is common among men: "We just hold stuff in."

But by all accounts, it's vital for male caregivers to understand that they can't carry caregiving burdens alone. "Peer support is absolutely critical," says Edwin Walker, 60, a longtime family caregiver and deputy assistant secretary for aging at the U.S. Department of Health and Human Services, which runs the National Caregiver Support Program assisting caregivers nationwide.

Finding support made all the difference to Dustin Cesarek, a 32-year-old financial planner in the Minneapolis area whose wife, Kim, was diagnosed with breast cancer a few years ago. He and two other men whose wives had cancer started Jack's Caregiving Coalition, he says, to give themselves and other men in their position a support network.

They meet for coffee or golf outings, and Cesarek hosts monthly dinners at his home for the other caregivers (there are now 40 in the group). Sure, sometimes they'll share their feelings — but much of the time they are just enjoying relaxing among people who get what they're going through. The point, says Cesarak, is "to create these spaces where guys can feel comfortable."

Cesarek and other male caregivers are featured in a series of AARP Caregiving videos.



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Cold Weather Safety for Older Adults

Continued from Page 19

Hypothermia and the Emergency Room

The only way to tell for sure that someone has hypothermia is to use a special thermometer that can read very low body temperatures. Most hospitals have these thermometers. In the emergency room, doctors will warm the person's body from inside out. For example, they may give the person warm fluids directly by using an IV. Recovery depends on how long the person was exposed to the cold and his or her general health.

Is There Help for My Heating Bills?

If you are having a hard time paying your heating bills, there are some resources that might help. Contact the National Energy Assistance Referral service at 1-866-674-6327 (toll-free; TTY, 1-866-367-6228) or email energyassistance@ncat.org to get information about the Low Income Home Energy Assistance Program.

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OUR MISSION

Generations' mission is to offer older adults, individuals with disabilities and caregivers options for a better quality of life.

WHAT WE OFFER

Generations works with community partners and contracted providers to offer services to our clients in Daviess, Dubois, Greene, Knox, Martin & Pike Counties. We offer:

- Aging and Disability Resource Center
- AngelWorx Volunteer Program
- Meals on Wheels
- Case Management
- Caregiver Services
- Care Transitions
- Generations Magazine
- Health & Wellness Programs
- Ombudsman Services
- Options Counseling
- At Home Pre-Admission Screening for nursing home placement
- Contracted providers allow us to offer transportation, adult day services and legal assistance.

ADVERTISER INDEX:

ADULT DAY SERVICES:

Senior & Family Services - Page 16
YMCA Bettye J. McCormick Senior Center - Page 7

ASSISTED LIVING:

Amber Manor Care Center - Page 15
BridgePointe Health Campus - Page 15
Brookside Village - Page 10
Northwood Retirement Community - Page 19
Parkview Village - Page 17
Scenic Hills Care Center - Page 15
St. Charles Health Campus - Page 15
The Villages at Oak Ridge - Page 15

HOME CARE SERVICES:

Caregiver Homes - Page 23
Elder's Journey - Page 18
Good Samaritan Home Care Services - Page 5
Guardian Angel Home Health Care - Page 22
HomeInstead Senior Care - Page 16
Home Sweet Home Care - Page 7
Senior & Family Services - Page 16
Williams Bros. Health Care Pharmacy - Page 10

HOSPITALS:

Good Samaritan Hospital - Inside Front Cover
Greene County General Hospital - Inside Back Cover
Memorial Hospital & Health Care Center - Back Cover

MEDIA: The Original Company - Page 23

MEDICAL SERVICES: Hometown Hearing - Page 16

NURSING & REHABILITATION CENTERS:

Amber Manor - Page 15
BridgePointe Health Campus - Page 15
Brookside Village - Page 10
GentleCare of Vincennes - Page 19
Glenburn Home - Page 5
Ketcham Memorial Center - Page 6
Lodge of the Wabash - Page 8
Lyons Health & Living Center - Page 10
Northwood Retirement Community - page 19
Scenic Hills Care Center - Page 15
Shakamak Retirement Community - Page 19
St. Charles Health Campus - Page 15
The Villages at Oak Ridge - Page 15

PHARMACY: Williams Bros. Health Care Pharmacy - Page 10

SENIOR CENTERS:

Senior & Family Services - Page 16
YMCA Bettye J. McCormick Senior Center - Page 7

TRANSPORTATION:

Senior & Family Services - Page 16
YMCA Bettye J. McCormick Senior Center - Page 7

Every Second Counts...



In an emergency, every second counts. That's why Greene County Home Healthcare uses Guardian's Personal Emergency Response System. This easy to use medical alarm can preserve your independence and provide immediate assistance in an emergency, with hands-free, two-way communication.

Call Greene County Home Healthcare today to learn how you or a loved one can benefit from a Guardian system.

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