

Caregiver Support Program

Fall Newsletter 2023

Hello! I do apologize for missing our summer newsletter. There have been some changes around here. Our director, Janet Talerico, retired on September 8th. I have been filling in for her for the time being. We also have a new supervisor for the CSP, Linda Bradford. She has been busy learning the ins and outs of the program.

As always, this newsletter is for YOU! If you ever have any topics you would like discussed or resources needed please feel free to reach out to me at the phone number or email below. We are always up for some new ideas.

I want to thank you for being the amazing caregiver you are. Remember to take care of yourself.

**Take care,
Lisa Shaffer**

724-548-3290 lnshaffer@co.armstrong.pa.us

What is respite care?

Respite was designed to ease the burden of family caregiving. It helps you relieve stress, restore your energy and promote balance in your health. Respite care can improve your sleep, improve your outlook on life, give you time to spend quality time with friends and family or to just relax all by yourself.

You can use respite care to run errands, exercise, mow the lawn for pleasure or get a new hair style. Respite care provides short term care for primary caregivers. It can be arranged for an afternoon or several days

It can be provided in the care receiver's home or in a facility. Even adult daycare can give a well needed break.



Five Myths About Advance Care Planning

Get the facts about these common advance care planning myths.

Myth

My loved ones will know what I want when the time comes.



Fact

Not necessarily. In one study, nearly 1 in 3 people guessed wrong when asked to predict which end-of-life decisions their loved one would make.

Myth

I need a lawyer to create an advance care plan.

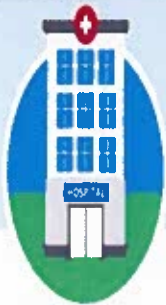


Fact

Most states offer free advance directive forms online, and you do not have to involve a lawyer.

Myth

I only need a plan if I'm very old or ill.



Fact

It's impossible to predict the future. An emergency can happen at any age. Creating a plan now helps ensure that someone you trust can make decisions that reflect your wishes.

Myth

An advance care plan only matters if I put it in writing.



Fact

The most important part of planning is discussing your wishes with your loved ones. It can save them from worrying about whether they made the right decisions for you.

Myth

Once I put my plans in writing, I can't change them.



Fact

Your advance directives can be changed at any time. In fact, you should review your plans at least once a year and after any major life event like a move, divorce, or change in your health.

Ready to get started?

Visit www.nia.nih.gov/acp



Tips for a safer bathroom:

Safety is first and foremost. People with arthritis are more likely to fall or experience new fractures. The biggest hazard is the bathroom. Stay safe with these modifications:

- Keep an adjustable transfer bench next to the bathtub to help you get in and out.
- Use a seat in the shower.
- Install grab bars by the tub, shower and toilet.
- Buy a highboy toilet seat or commode if squatting is painful.
- Put slip mats in the tub and by the toilet.
- Turn on a bedside lamp or use a touch light when you go the bathroom at night.

DEMENTIA-FRIENDLY SNACK IDEAS



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News to use....

The expansion of Property Tax/Rent Rebate Program

The program expansion will be in place in January 2024 when the filing period opens to submit applications for property taxes and rent paid in 2023. The expansion is as follows:

- the maximum standard rebate will increase from \$650 to \$1,000
- income limits for renters and homeowners will be equal and both increase to \$45,000
- income limits will be tied to the cost of living moving forward, so older adults and Pennsylvanians living with disabilities won't have to worry about losing their eligibility

Pennsylvanians 65 and older, widows and widowers 50 and older, and people with disabilities have until December 31, 2023, to apply for their rebate on rent or property tax paid in 2022. They can apply directly through the Department of Revenue's website.

FREE Local Thanksgiving Dinners:

St. Mary's Church Fellowship Hall -
608 High Street, Freeport - 724-448-9251 or @
www.stmaryfreeport.com. Dine in, take out, or
delivery on November 23, 2023 from 11 -2. RSVP by
11/20 with number of meals requested.

**New Life Center - 412 Ninth Street, Ford
City - 724-763-7991**
November 20, 2023 between the hours of 4 & 6 pm.
RSVP to Elyn by 11/16/23.

Walkchalk Salem Baptist Church - De-
livered to your home on November 23, 2023. Re-
serve by calling Pastor Mike at 412-309-2101 with
your name, address, and number of meals request-
ed.

Public Libraries

Afternoon at the Movies for Adults

**Leechburg Public Library 139 Market
Street, Leechburg**

Leechburg Public Library is hosting a
monthly Afternoon at the Movies event for
adults. Popcorn is included. **November 7 @
1:00 pm - 3:00 pm**

Golden Age Social Club

**Ford City Public Library 1136 4th Ave-
nue, Ford City**

Meet up with friends for games, reading,
conversation and more! Adults aged 60
and up are welcome to join the social club
every Tuesday **November 7 @ 10:30 am**

[https://www.armstronglibraries.org/
armstrong-county-libraries](https://www.armstronglibraries.org/armstrong-county-libraries)



SURVIVORS OF SUICIDE LOSS DAY

Healing takes time

Join a community of suicide loss survivors to find comfort and gain understanding as we share remembrances and stories of hope.

FREE COMMUNITY EVENT

HARVEST COMMUNITY CHURCH

NOV. 18, 2023

11AM-2PM



*Give
Yourself
Space to
Grieve*

afsp.org/loss



American
Foundation
for Suicide
Prevention

Medicare Open Enrollment begins October 15.

Call PA MEDI
for help:

1-800-783-7067



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Mental Health Matters

PA Support & Referral Helpline

1-855-284-2494 (TTY: 724-631-5600)

Suicide Prevention Lifeline: Call or Text 988

Crisis Text Line: Text PA to 741741

Veteran Crisis Line: Call 988 then Press 1

Disaster Distress Helpline: 1-800-985-5990

Trans Helpline: 877-565-8860



YOUR GUIDE TO FRESH FALL PRODUCE

Suggestions for seasonal eating in a snapshot
By Alicia 'Chacha' Miller

GREENS



Broccoli: Great source of vitamin K, and C. Lots of folic acid, potassium, and fiber and helps lower cholesterol levels

Zucchini: High in fiber and possesses vitamins B6, folate, C, and K as well as potassium and helps reduce blood pressure and encourages heart health



Spinach: Contains calcium, magnesium, and potassium but also has anti-inflammatory properties and helps boost immune system



Green Beans: Great source of vitamin K, and C. Lots of folic acid, potassium, and fiber



Kale: Loaded with powerful antioxidants, vitamin A, C, and K as well as folate, which is key for brain development



Brussels Sprouts: High in fiber, vitamin C and K, helps decrease inflammation and improve blood sugar control



Edamame: Rich in healthy fiber, antioxidants and vitamin K. A complete source of dietary protein that can improve the blood lipid profile

ORANGES + YELLOWS



Sweet Potatoe: High in antioxidant beta-carotene, which is great for healthy skin, eyes, and our immune system

Pumpkin: Good source of carotenoids, fiber, potassium and zinc. Great for healthy skin and hair as well as for heart health



Persimmon: Excellent source of antioxidants, support healthy vision, and may help reduce inflammation



Squash: A nutritional power packed veggie with vitamin A, B6, C, folate, magnesium, potassium and more



Carrots: Contains vitamin A, antioxidants, boosts digestive health and helps regulate blood pressure



Butternut Squash: Good source of vitamin A, C, E, Magnesium, and Potassium. High antioxidant content may reduce disease risk



REDS

Pomegranate: An antioxidant powerhouse known to help with digestion, arthritis, heart disease, and cancer prevention

Fig: Great source of soluble fiber, rich in vitamin A, manganese, potassium, magnesium, iron, and more



Eggplant: High fiber and low calorie veggie that helps with blood sugar control and weight loss



Cranberries: Rich source of vitamin C and E. Helps reduce the risk of UTI's, helps improve digestion and can boost immune system



Beets: Low in calories and a good source of fiber, folate and vitamin C. Help lower blood pressure and decrease risk of heart disease



Apples: High in antioxidants, flavonoids, and fiber. The phytonutrients and antioxidants can help reduce the risk of cancers, hypertension, and diabetes



~Charlene's corner~

It's hard to believe that Thanksgiving is only a month away, Christmas is right behind it, with the New Year quickly approaching! With that in mind, new Social Security Statements will be arriving in the mail, along with year-end financial information, if/when applicable. This information for the household will be needed as we arrive for your next assessment in the new year, if you could please make copies and have them handy at that time. The caregiver support program requires financial information from the previous year.

Also, just a reminder that your reimbursement requests are due by **the 5th of the month.**

Any receipts submitted should:

- * **Be legible (no smears, coffee spills, highlighting, writing etc.)**
- * **Show the store name**
- * **Include the date of purchase**
- * **Show payment information**
- * **Include the delivery date (if applicable-when ordering online)**

Forms for Personal/Respite/Other Services should be broken down by day. Midnight of one day through 11:59 of that same day is one day. Each line should be listed with the number of hours for personal and/or respite care with the independent contractor's signature on each line at the right.

EX.:

10/16/23 8pm 12pm 4 1 PC 3 Respite \$10 \$40

10/17/23 12am 6am 6 2PC 4 Respite \$10 \$60

Thank you!

Charlene

And last but not least.....November is National Caregiver Month!

Our 6th Annual Caregiver Summit will be once again held at the Belmont Complex on **November 14th!**

Location: 415 Butler Road , Kittanning, PA 16201

Time: 10 am -12 pm

Please join us for a time of resources, tips, support and light refreshments.

We plan on having 3 speakers to discuss * body mechanics and mobility, *drug disposal, benefits of adherence packaging and vaccines availability and *Dementia.

Be kind to yourself and don't give in to feelings of guilt. Remember that you can't do it all, you can only do your best! Thank you for everything you do!