



Commitment to Caregiving Award 2018



Winner: Laura Bernal

Laura cared for her 87-year-old mother who suffered from memory loss since 2012, and worked fulltime while raising a family. At the beginning Laura often felt frustrated and at a loss while caregiving. In 2017 Laura became a CRC client and through this process was able to understand her mother's illness and gained the skills to provide the best care for her. Laura is thankful for all the resources and friends she has built along the way. The process has helped her learn how to cope while caregiving .

Nominees:

Roy Calimlim
Reinhold Banek
Blanca Amezcua
Preston Artman

*Thanks to all those that participated in our 2019 Caregiver University Conference!
We look forward to our next conference in Spring 2020!*

Celebrate Older Americans Month this May!

The Benefits of Walking

A study found that simply walking briskly a total of 2.5 hours a week can cut the risk of heart attack and stroke by about one-third—the same reduction in risk as jogging and running.

Researchers found that those who were getting regular physical activity were less likely to develop problems with walking, climbing stairs, and other daily activities.

Studies show that people wearing bifocal or progressive lenses are twice as likely to fall. Consider single-focus lenses when walking or moving about.

Fear Can Lead to Falls

There is a vicious cycle associated with falls. When an elderly person falls, they sometimes become afraid of falling again. As a result, they move about less. The lack of exercise can lead to muscle weakness and joint stiffness which can then lead to future falls.

Moreover, exercisers with some mobility problems were more likely to show improvement than inactive adults. Even those who had less than 30 minutes per day of moderate activity were less likely to show functional decline over time.

Sources: Arthritis & Rheumatism (January 2006) The New England Journal of Medicine, Caring Magazine, January 2003 Mayo Clinic Woman's Healthsource February 2006



Basic Fall Prevention

Encourage the person in your care to:

- Get plenty of rest.
- Exercise and eat foods with vitamin D and calcium to strengthen bones.
- Have regular vision screening check-ups for correct eye glasses.
- Wear good foot support when you are walking.
- Be aware that new shoes are slippery and crepe soled shoes can cause the toe to catch. Shoes without laces are best.
- Have foot pain problems corrected, keep toenails trimmed, and feet healthy for good balance
- Go to the restroom before it becomes urgent.
- Organize closets and drawers so frequently used items are easy to reach.

June is National Safety Awareness Month!

A Safer Home Environment

Adapting the home for a person who is partially or fully disabled can be a demanding or a relatively simple process. The more adaptations that can be made early on—with a view toward future needs—the easier and safer life will be for everyone concerned.

Safety Steps to Take

For the safest home, implement as many of these steps as possible.

- Remove all unnecessary furniture.
- Arrange the remaining furniture to allow enough space for a walker or wheelchair.
- Move low tables and barriers out of the pathway.
- Try not to rearrange furniture after the person in your care has grown accustomed to its placement.
- Adjust furniture so it will not move if leaned on.
- Ensure that a favorite chair has arm rests that are long enough to help the person get up and down.
- Cushion sharp corners on furniture, cabinets, and vanities.
- Make chair seats 20" high. (Wood blocks or a wooden platform can be placed under large, heavy furniture to raise it to this level.)

Tip Set the telephone to max rings to avoid rushing, and leave the answering machine on high volume so the person can hear and screen messages.

- Have a carpenter install railings in places where a person might need extra support. (A carpenter can insure that railings can bear a person's full weight and will not give way.)
- Place masking or colored opaque tape on glass doors and picture windows.
- Use automatic night lights in rooms used by person in your care.
- Clear fire escape routes.
- Provide smoke alarms on every floor and outside every bedroom.

A Safer Bathroom

Many accidents happen in bathrooms, so check the safety of the bathroom. The bathroom poses dangers because wet floors are slippery and it is often visited during the night when the person is alone and half asleep. It is a place where there are dangers from slips and falls, burns, cuts, poisoning, electrocution, and drowning.

- Cover all sharp edges with rubber cushioning.
- Install lights near medicine cabinets so mistakes are not made when taking medicine.
- Remove locks on bathroom doors.
- Use non-skid safety strips or a non-slip bath mat in the tub or shower.
- Consider installing a grab rail on the edge of the vanity. (Do not use a towel bar.)
- Set the hot water thermostat below 120° F.
- Remove hooks on walls at eye level where they might be hit in case of a fall.

- Install toilet guard rails or provide a portable toilet seat with built-in rails or an elevated, cushioned toilet seat.
- Install a hand held shower device
- If possible, have the bathroom in a straight path from the bedroom of the person in your care.
- If possible install a ceiling heat lamp.
- Provide soap on a rope or put a bar of soap in the toe of a nylon stocking and tie it to the grab bar.
- Place toilet paper within easy reach.

Dementia Bathing Tips

- Don't rush the person.
- Don't allow them to get a chill.
- Find ways to give the person an illusion of control.
- Touch gently because an older person's skin is very sensitive.
- Use the same habits the person always had, such as, shower or bath.
- Acknowledge his need for privacy by looking away as much as possible.
- Start by washing safe areas such as arms and legs.
- Lay out the clean clothes ahead of time so the clothes he insists on putting on are clean.
- Try motivating the person by saying, *"Let's freshen up. It will feel good."*
- Remember to acknowledge feelings and be reassuring by saying, *"I can help with that." "I am here if you need me." or "I understand, I will be careful."*

RECIPE OF THE MONTH



Here is a healthy desert recipe to satisfy those sweet tooth cravings without overdoing it on the sugar

Peanut Butter Banana Bites

Ingredients:

- 2 very ripe medium bananas
- 1/4 cup peanut butter
- 1 1/4 cup flour (use almond flour for a gluten free option)
- 1/2 bar dark chocolate
- Sea salt

Directions:

1. Preheat oven to 375F and line a baking sheets with parchment paper
2. In a mixing bowl, smash bananas with a fork until smooth
3. Mix in peanut butter
4. Slowly fold in flour and mix until fully combined
5. Coarsely chop chocolate bar and fold into batter
6. Drop spoonful of batter on to a baking sheet
7. Bake for 20 minutes and remove from the oven to cool

CAREGIVER UNIVERSITY

*A Time for Learning
and Sharing*

WORKSHOPS

Free Upcoming Caregiver Workshops

Working with Mental Health Disorders *presented by Jessica Mattila, MSW,
Family Consultant CRC*

Thursday, May 23rd, 2:00 p.m.– 3:30 p.m.

Highland Park Senior Center, 8500 Highway 9, Ben Lomond 95005

This class will review common mental health diagnoses in older adults, identify effective communication and behavioral skills to improve interactions with care receivers, understand the warning signs in dangerous situations and know when and where to ask for help, while improving confidence working with care receivers with mental health diagnoses

SPANISH Caregiver University Conference *presented by Del Mar Caregiver Resource Center
(Spanish ONLY)*

Saturday, June 8th, 1:00 p.m.—6:00 p.m.

Watsonville Senior Center, 114 E. 5th St. Watsonville, CA 95076

Presentations include:

Alzheimer's Association—Know the 10 Signs of Dementia

Santa Cruz County Public Authority IHSS—How to Find and Hire a Caregiver

Community Bridge's ElderDay—Benefits of an Adult Day Care Center

How to Make Your Doctor Visit Successful *presented by Christina Andrade,
Sr. Family Consultant CRC*

Wednesday, June 12th, 10:30 a.m.– 12 p.m.

Hollister Community Center, 300 West St. Hollister

In this class participants will learn the importance of preparing for a visit, the keys to good communication and tips on becoming an effective advocate for themselves or their loved ones by developing the skills necessary for having a successful doctor's visit.

Presented by:



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To register:

800-624-8304 or www.delmarcaregiver.org

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Caregiver Support Groups

Sponsored by Del Mar Caregiver Resource Center

Caring for a Spouse or Life Partner Caregiver Support Group

When: Second Tuesday of every month, 1:30 - 3:00 pm

Where: 1537 Pacific Avenue, Suite 300, Santa Cruz

Facilitator: Jessica Mattila, Family Consultant

For information call (831) 459-6639

Caregiver Support & Education Group - In Spanish

When: Second Monday of every month, 5:30 -7:30 pm

Where: Quadrangle Building, 1000 South Main Street, Room 302, Salinas

Facilitator: Maria Quiroz, Family Consultant

Sponsors: Del Mar CRC

For information call (831) 424-4359

Parkinson's Support Group

When: Second Friday of each month, 1:30 - 3:30 p.m.

Where: Hollister Community Center, 300 West Street, Hollister

Facilitator: Christina Andrade, Senior Family Consultant

Sponsors: Del Mar CRC, Jovenes de Antaño

For information call (831) 975-5841

Memory Impairment Caregivers Support Group

When: First Wednesday of each month, 6:00-7:30 pm

Where: Hollister Community Center 300 West Street, Hollister

Facilitator: Christina Andrade, Senior Family Consultant

Sponsors: Del Mar CRC, Jovenes de Antaño

For information call (831) 975-5841

Walk and Talk Caregiver Support Group

NEW

When: First and Third Tuesdays of each month, 10:15 -11:30 am

Where: Rio Del Mar Beach (parking lot)

Facilitator: Dee Edwards

Sponsors: Del Mar CRC

For information, call Dee at (408) 712-1400 or (831) 459-6639



Can't attend a support group in person? Try a Telephone Support Group (no phone charge) for free. For more information call the Alzheimer's Association's office at 800-272-3900

Additional support groups:

Alzheimer's Association - 800-272-3900

Cabrillo College Stroke & Disability

Learning Center: Santa Cruz - (831) 425-0622

Central Coast Center for Independent

Living: Monterey, San Benito, Santa Cruz - (831) 462-8720

Community Hospital of the Monterey

Peninsula: Monterey - (831) 625-4606

Dominican Hospital: Santa Cruz - (831) 462-7700

Hospice of Santa Cruz County - (831) 430-3078

Jovenes de Antaño: San Benito - (831) 637-9275

Twin Lakes Church: Aptos - 831) 465 3368



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Caregiver Highlight

One of our wonderful Del Mar Caregiver Resource Center clients, Jane Parks-McKay, wrote a heartfelt essay about what it takes to be a caregiver. Here is a short excerpt from her essay:

“While every caregiving and medical situation is different, caregiving is a large load as your time is really not your own. Also, being responsible for the welfare of someone else can be very time consuming, and exhausting. However, there are some commonalities. One resource which has been helpful to me was to have approached the various nonprofits which assist families like ours. The Brain Injury Association of America (703) 761-0750 has taught us a great deal about TBI and is always there for questions or concerns. The Family Caregiver Alliance, (800) 445-8106 is a treasure trove of information for caregivers. The local nonprofit that has been with me from the beginning, Del Mar Caregivers in Santa Cruz, CA (831) 459-6639 has been there for me time and time again. Despite budget cuts, from providing a listening ear, support groups, caregiver walks, to a paid legal consultation, I don’t know what I would have done without them. Most areas have Area on Aging or other senior related resources that can be found online and some also have Independent Living Centers which addresses many of the concerns that people with cognitive problems go through. Of course, not all caregivers are seniors by any means and while choices are more limited, they are out there. Google will be your best friend, as will networking and asking those in the field for specific ideas. I learned that I have had to patchwork a resource network as there is not one agency which can assist with the myriad of needs a family has. I learned how to work the phones, the email, and met a lot of new people who have become very dear to me and who I will be eternally grateful to. I will never be able to repay them but I try.” *For the entire essay visit our website: www.delmarcaregiver.org*

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