



The Caregiver's Voice

For People Caring for Family, Friends, & Neighbors

Volume 11, Issue 1
Winter 2018

The Caregiver's Voice is a quarterly publication of the AA County Department of Aging & Disabilities' National Family Caregiver Support Program. Contact us at:
410-222-4339/4375
or
caregiver_support@aacounty.org

Inside this issue

Medicare to Issue New Cards	2
Grandparents Raising Grandchildren	2
Senior Center Plus	3
Winter Caregiving Tips	3
Family Caregiver Support Groups	3
Join our Mail List	4
DoAD Programs	4

The Anne Arundel Co. Department of Aging & Disabilities is grateful for our sponsors; however the Department does not endorse any particular vendor or business. Anne Arundel Co. reserves the right to approve and/or refuse potential sponsors.

2018 Caregiver Winter Educational Workshop



DIFFERENT TYPES OF DEMENTIA

Ann Morrison, PhD, RN.

As understanding of the brain has grown, science has been able to identify and differentiate many causes of dementia. While Alzheimer's is the most common type of dementia, newly acquired knowledge and technologies are allowing doctors to diagnose and distinguish different types of dementias better than ever before.

*Thursday Mar. 1, 2018 (6:30-8:30 pm)
Pascal Senior Activity Center
125 Dorsey Road, Glen Burnie*

Pre-registration is requested for workshops so that we can ensure enough materials are available. Register on-line at www.aacounty.org/aging or by calling 410-222-4375/4339.

Anyone needing special accommodations must contact Mary Chaput at 410-222-4339 or by e-mail at agchap01@aacounty.org at least seven days in advance of the event. TTY users, please call via Maryland Relay 7-1-1.

All materials are available in an alternative format upon request.

Communicating through Behaviors

This workshop encompasses an experiential learning tool followed by a debriefing and educational component to help participants better understand dementia behaviors. The workshop heightens empathy for individuals living with dementia and promotes a better understanding of dementia behaviors. Participants will be equipped with communication skills to improve care and reduce caregiver stress. Space is limited; registration by phone (410-222-4375/4339) is required. The workshop will be held at the Department of Aging & Disabilities, North County Office, 7320 Ritchie Highway, Glen Burnie.

Tuesday, January 23rd, 1:00-3:00 pm
Tuesday, March 13th; 6:30-8:30 pm

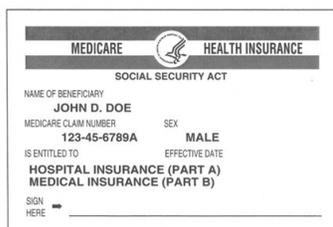
- ◆ January 10th, February 14th, March 14th: Caregiver Support Group at North County Office
- ◆ January 16th, February 20th, March 20th: Caregiver Support Group at Annapolis Office.
- ◆ January 22nd, February 26th, March 19th: Memory Café
- ◆ January 23rd: Communicating through Behaviors Workshop
- ◆ March 1st: Caregivers' Workshop, Different Types of Dementia
- ◆ March 13th: Communicating through Behaviors Workshop
- ◆ April 16th: Advance Directive Planning Workshop
- ◆ April 21st: 26th Annual Caregivers' Conference



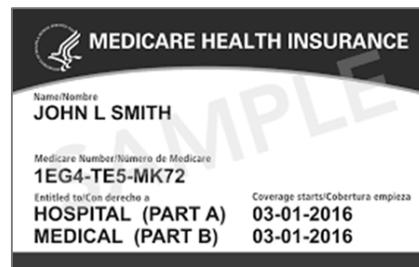
Medicare Will Be Issuing New Medicare Cards Beginning

April 2018 (Amy Rubino; SHIP Program Director at the Anne Arundel County Department of Aging and Disabilities)

Take a look at your Medicare card and you will notice that Medicare uses a Social Security number (plus a letter) as your Medicare number. Look at this sample Medicare card and you can easily identify Mr. John Doe's Social Security number as 123-45-6789. Please don't worry, this example is not a real Social Security number.



Medicare cards. The goal is to help combat identity theft and safeguard taxpayer dollars. Starting April 2018, CMS will begin mailing new Medicare cards that include a new Medicare Number that is a random combination of letters and numbers. Below is an example of the new Medicare card for a fictional Mr. John Smith.



Your Social Security number is vital personal information that needs to be protected. If your Social Security number gets into the wrong hands, you could be a victim of Identity Fraud. Protecting your Social Security number is paramount. This is why the Centers for Medicare & Medicaid Services (CMS) are readying a fraud prevention initiative that removes Social Security Numbers from

The mailings will be staggered throughout the year, with completion expected by April 2019. You will be receiving your new Medicare card at some point between April 2018 and April 2019.

Grandparents Raising Grandchildren



We live in a world that seems to be continually shaken by tragic events. Hate seems prevalent. As grandparents, we worry about the world our young ones find themselves in and wonder how we can inoculate them against prejudice and irrational hatred.

thoughts and feelings about yourself. When you do something kind, you help fill someone else's bucket. **Why It's Important:** This provides kids with a visual representation of the importance of kindness. It focuses on social interactions and how our actions positively or negatively affect other people. This book would be especially beneficial as kids begin to develop empathy towards others.

GRANDPartners for GRANDparents has put together a list of 13 books that encourage kindness towards others. We will be sharing this list in the next few newsletters. Check your local library or bookstore; spend some time reading to and talking to your grandchildren about how they can make the world a better place. Here are just a few:

A Sick Day For Amos McGee by Philip C. Stead and Erin E. Stead

What It's About: This story is about a zookeeper who is great friends with all of the animals and takes the time out of his day to do what they like with them. One day, he is too sick to go to work and the animals decide to come and visit him. **Why It's Important:** This sweet story shows how kind actions towards others are repaid. The animals all take care of Amos when he needs a friend, which shows children how important continual kindness towards others is.

We All Sing With The Same Voice by J. Philip Miller and Sheppard M. Greene

What It's About: This is a song book that connects kids around the world. The verses highlight differences between kids, illustrated on the pages of the book. The chorus brings all of these kids with many differences together, singing "We all sing with the same voice. The same song. The same voice. We all sing with the same voice and we sing in harmony." **Why It's Important:** Not only will the music engage kids as young as three, but it also encourages global awareness and connection at a young age. Everyone is different and unique, and this book celebrates those differences while singing together as friends.

Each Kindness by Jacqueline Woodson

What It's About: This story is about a new girl at school, named Maya and how Chloe, who has gone to the school for a while, reacts when she arrives. Chloe is not welcoming towards Maya, and excludes her from the group games. Maya leaves and Chloe is left feeling full of regret. **Why It's Important:** This story does not have the happy ending that so many books do, but teaches a critical lesson. Every choice we makes affects others in either a positive or negative way, and we do not always have an opportunity to fix our negative actions.

Have You Filled A Bucket Today? A Guide To Daily Happiness For Kids by Carol McCloud

What It's About: This book introduces an idea that everyone has an "invisible bucket." These buckets are used to hold your good

Medicare (continued)

To prepare for your new Medicare card please keep the following in mind:

- Make sure your mailing address is up-to-date. If your address needs to be corrected, contact Social Security at www.ssa.gov or 1-800-772-1213. TTY users can call 1-800-325-0778.
- Beware of anyone who contacts you about your new Medicare card. Social Security or Medicare will never ask you to provide personal or private information to get your new Medicare number and card.
- Understand that mailing everyone a new card will take some time. Your card might arrive at a different time than your friend's or neighbor's.

- The new Medicare numbers won't change your Medicare benefits.
- You may start using their new Medicare card as soon as it arrives.

The Department of Aging & Disabilities runs the State Health Insurance Assistance Program (SHIP) and the Senior Medicare Patrol (SMP). SHIP has specially-trained volunteer counselors available to help guide you with your Medicare-related questions. SMP has specially-trained volunteer counselors who can help your report any cases of suspected Medicare-fraud. You may contact these programs by calling 410-222-4257, ex 4077.

Winter Caregiving Tips



The winter season can present seniors with some additional challenges. If you are a caregiver for

someone who already has health issues, those challenges can be daunting if you don't plan ahead. The internet, along with newspaper and magazine articles, offers lots of tips - from safety and health issues to activities—on caring for a loved one during the winter months. Here's a few of those tips to help you plan for the cold weather and winter storms that always seem to take us by surprise.

- Heating systems not only lead to dry skin, but also to dehydration. Make sure your family member takes in plenty of fluids; warm fluids are best as they tend to raise the body temperature. Check with their doctor if fluid restrictions are in place. Soothe their skin with fragrance-free lotion.
- If your family member has not already had a flu shot, take care of that now. Serve vitamin C rich foods to help ward off infections.
- Due to inactivity and decreased circulation, hypothermia is a risk, not only outdoors, but inside if the temperature is kept below 65 degrees F. Make sure heat registers are not blocked.
- Have your loved one dress in loose-fitting layers and warm footwear. Inside

slippers should offer support and have a skid-resistant sole.

- If using a space heater is necessary, keep the heater several feet away from the walls and away from combustible materials. Make sure the electrical cord doesn't create a safety hazard. If kerosene heaters are used, have a working carbon monoxide alarm.
- If you are using candles during a power outage, place them out of reach of your loved one (as well as pets and children) and away from flammable objects.
- If you must take your family member out in cold weather, ensure they have a warm coat, a hat, gloves or mittens and scarf. Boots with good treads are a necessity for those who are mobile. If your family member uses a cane, you can purchase a cane ice tip attachment at home health care stores or on-line.
- Refill prescriptions in advance just in case road conditions prevent you from venturing out to the pharmacy.
- If your loved one is oxygen-dependent, let your power company know.
- Check that smoke detectors are operational.
- Plan indoor activities such as card games, painting or crafts; involve grandchildren when possible. Baking is a great activity when it's cold and blustery outside.

Senior Center Plus Program



The Senior Center Plus Program provides specialized activities for frail older adults in the senior centers. The program is offered in three (3) of the seven (7) senior centers. Special staff is available to a small group of seniors who may have impairments, but do not require medical intervention, to help them maneuver the busy environment of the center. For more information, call 410-222-4366.



Family Caregiver Support Groups

Jennifer Sapp, MSW, MSG facilitates monthly support groups at the following locations:

**Department of Aging & Disabilities
Annapolis Location**
2666 Riva Road, Suite 400, Annapolis.
1:00-2:30 pm

January 16th
February 20th
March 20th

**Department of Aging & Disabilities
North County Location**
7320 Ritchie Highway, Glen Burnie
1:00-2:30 pm

January 10th
February 14th
March 14th

The 2018 Support Group schedule is available on-line at <http://www.aacounty.org/services-and-programs/national-family-caregiver-support-program> or by calling 410-222-4375.

For information on additional caregiver support groups, as well as support groups specific to cancer, diabetes, cardiac, stroke, Parkinson's disease or other chronic diseases groups, call (410) 222-4375/4339 or email: caregiver_support@aacounty.org.

When Anne Arundel County schools are closed or close early due to inclement weather, support groups are cancelled that day.



National Family Caregiver Support Program

7320 Ritchie Highway
Glen Burnie, MD 21061

Phone: 410-222-4339/4375
Email: caregiver_support@aacounty.org
Web: www.aacounty.org/aging

Anne Arundel County
County Executive
Steve Schuh
Arundel Center
44 Calvert Street
Annapolis, MD 21401

Pamela Jordan
Department of Aging & Disabilities
A Maryland Access Point Program
Heritage Office Complex
2666 Riva Road, Suite 400
Annapolis, Maryland 21401
Phone: 410-222-4257
Fax: 410-222-4360
www.aacounty.org/Aging

Family Caregiver Support
Program Staff
Mary Chaput, Program Director
Patricia Lortie, NFCSP Coordinator
Dee Scharff, RCRP Coordinator
7320 Ritchie Highway
Glen Burnie, MD 21061

- Information & Assistance (I&A)
- Adult Evaluation & Review Service (AERS)
- Adult Public Guardianship
- Americans with Disabilities Act Office (ADA)
- Assisted Living Facilities Program
- Long-Term Care Ombudsman/Resident Advocate
- National Family Caregiver Support Program (NFCSP)
- Respite Care Referral Program (RCRP)
- Senior Activity Centers
- Senior Care
- Senior Nutrition Program
- State Health Insurance Assistance Program (SHIP)
 - Senior Medicare Patrol (SMP)
- Telephone Reassurance Program
- Volunteer Programs

Anyone needing special accommodations to caregiver events must contact Mary Chaput at 410-222-4339 or by e-mail at agchap01@aacounty.org at least seven days in advance of the event. TTY users, please call via Maryland Relay 7-1-1.

To join the NFCSP mail list and receive information regarding up-coming workshops and conferences, or to receive the *Caregivers' Voice* by email, call 410-222-4339 or email us at: caregiver_support@aacounty.org
Back issues of the newsletter are available on the Family Caregivers' website at www.aacounty.org/aging.

For information on sponsoring an edition of the *Caregivers' Voice*, contact Mary Chaput at 410-222-4339 or email caregiver_support@aacounty.org.