

# The Caregiver's Advocate

March 2014

## RCI Celebrates Caregivers of the Year!

Each year the CARE-NETS are given the opportunity to nominate family, volunteer and para-professional caregivers in their region. In the last newsletter, you met the Family Caregiver of the Year and in the next newsletter you will be introduced to the Para-Professional Caregiver of the Year.



*Eve Thomas receives Georgia Volunteer Caregiver of the Year Award from Mrs. Rosalynn Carter.*

This year's winner served as a nurse for 25 years keeping her license active as she provides respite and transportation services to the Hospice clients she serves.

Over her six years as a volunteer, she has made over 1800 home visits. That is over 300 visits a year. There is little wonder that she has earned the title of the "go to" volunteer for those last minute requests or for the families who are coping with especially difficult circumstances.

When asked what benefits she received from her volunteer work, she said, "It's extremely rewarding. I've met the nicest people -- dynamic people. I hope I'm giving as much to them as they're giving to me. You build friendships."

She has NEVER turned down a client. From accompanying someone to the doctor's office, running errands to the pharmacy or the supermarket, and even making sure that the clients beloved pet makes it to the vets office, there are no limits to ways this volunteer finds to help her "friends". She is the trusted relief that allows family members some time away from the house without worry. She is the surrogate family member who calls daily to check on them, offers encouragement and runs that sudden errand. Paula Hudson, Volunteer Coordinator at the Savannah Hospice tells us:

*"We feel Eve is extraordinary because she always puts the needs and best interests of the patient and family first. It is never about her but always about them. Her compassion for those facing the biggest challenge of their lives is enormous and her willingness to bring comfort is inspirational."*

*Johnson and Johnson, sponsors the RCI Summit and Gala Awards Banquet each year. Georgia Southwestern's Rosalynn Carter Institute for Caregiving was created in 1987 in honor of former First Lady and GSW alumna Rosalynn Carter. Through research, education, advocacy and service, the RCI promotes the mental health and well being of individuals, families, and professional caregivers.*

*(Nominations are now open for 2014, contact your local CARE-NET or Elaine Larkin at RCI for more details)*

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**Message from the  
Executive Director  
Dr. Leisa Easom  
Rosalynn Carter Institute  
for Caregiving**

## **Managing Your Medications**

Medications can have a helpful role in your health or the health of a person for whom you are caring. Keeping track of more than one medication can be difficult. When to take them? What to take with them, to eat or not to eat with them? How much to take? Will a new medication interact with another medication you are already taking?

You need to understand why you are taking each medication. If you are not sure, ask your health care provider or pharmacist. Make sure you follow the instructions on the label exactly. Don't stop taking medications unless the health care provider says so. If you should happen to miss a dose, you need to inquire on what to do.

Be sure to take a list of all medications to every appointment with your health care providers. It is important that every health care provider including dentist and eye doctor know what medicines you are taking.

Storage of medications is also important. Some medications need to be refrigerated. Others should not be exposed to air, heat or light. Be sure to read labels for any special instructions on storage. Check expiration dates. Order refills in plenty of time, al-

ways check the labels for available refills. Make sure all medications are stored away from children and pets.

There may be side effects to some medications. Some medications should not be mixed with other medications, alcohol or certain foods. Again, be sure to read the label. It is important to get all of your medications from one pharmacist, because they will be able to assist with monitoring your different medications and how they work together. They will be better equipped to answer your questions, as they will have a record of all medications. Or you could ask one doctor or health care provider to oversee all of your prescribed medications.

It is important to track all prescribed medications as well as over the counter medications. Also track vitamins, supplements, herbs, natural and homeopathic medications.

Use a list or chart for tracking medications. The Rosalynn Carter Institute has a pamphlet called "Personal Health Record" (PHR). It will assist you in knowing how much medication to take and when to take it, and any special instructions. It is a good idea to write a short description of the medication, and know why you are taking each medication. The PHR will also assist in reminding what questions you have for your health care provider. The PHR also has an area for you to write about any tests or procedures you have had done and what the results were.

If you would like us to send you a copy of the Personal Health Record, please email [Elaine.larkin@gsw.edu](mailto:Elaine.larkin@gsw.edu) and ask for your copy today.

Taking care of yourself is important. Good medication management is an important part of self-care.

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Northeast GA CARE-NET held their quarterly meeting



West Central GA CARE-NET hosting some caregivers in there area. Things are happening there!



Middle Georgia CARE-NET having their planning session. They will be hosting their next caregiver event in Baldwin County. We can't wait to hear about it!



SouthWest GA CARE-NET meeting from January.



Central Savannah River Area CARE-NET committee making plans for the year. They would love for you to join them.



Coastal GA CARE-NET recently meet to discuss plans for the upcoming year, stay posted!

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Middle Georgia CARE-NET recently went to Baldwin County and hosted A Caregiver's Care Fair. Many companies set up booths and gave presentations to help Caregivers in their journey.



Northeast GA CARE-NET held a second meeting this quarter to discuss getting the word out to the community for nominations of Regional Caregivers.



This is the SouthWest GA CARE-NET at their recent meeting in Albany, GA.

## Did You Know.....

.....that RCI offers *Caregiving Issues and Management Certificate Program* at Georgia SouthWestern State University?

The Certificate Program is an **online** interdisciplinary program designed to foster understanding of the caregiving field through the exploration of the journey of a caregiver, evidenced-based caregiver support programs, vulnerable populations needing caregivers, and culturally appropriate approaches to caregiving. Estimates have consistently projected that the need for caregiving will escalate significantly in the coming decades. This increase in demand can be attributed to several key trends, including an aging demographic, increased longevity, and the growing burden of chronic illnesses. This certificate program is designed to inform both professionals in caregiving (i.e. business, health care, education, social services, public health, and psychology) and family caregivers about available resources, support programs, and research findings for caregivers of individuals across the lifespan. For more information go to:

[http://www.rosalynncarter.org/certificate\\_program/](http://www.rosalynncarter.org/certificate_program/)

We are so excited! SeniorHomes. Com has nominated *The Caregiver's Advocate* for Best Caregivers Newsletter for 2014. We need your vote. Please click on this link to vote:

<http://www.seniorhomes.com/d/caregivers-advocate/2014-best-senior-living-awards/>

Voting closes April 28, 2014, vote today and please share.

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Recently the CARE-NET meeting was held on March 11, 2014 at the Methodist Children's Home in Macon, GA. Elaine Larkin welcomed everyone and gave her gratitude to those that were in attendance. Cindy Holloway from RCI shared about Care Consultation and the Training Center for Excellence. Next Leesa Rickman, CARE-NET Coordinator from Middle GA spoke about the Care Fair they held in Baldwin County. She also spoke about looking into care fairs in other counties and the logistics of making that happen. Then the group broke for photos and lunch.

After returning Elaine Larkin spoke and gave information about the upcoming Caregiver of the Year nominations. First each group will find candidates in their regions, before submitting them for the state award. After the group discussion, Mona Browning, from the Southern Crescent CARE-NET shared what is involved to be an advocate for seniors. With so many programs being cut, what we all can do to be heard by the policy makers. Joy Shirley shared some statistics from the state of Georgia involving senior care.

The next meeting will be June 9, 2014. Guest speaker will be LaToysa Rooks from the Lewy Body Dementia Association, Inc.

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## Georgia Caregiver of the Year Awards

Do you know a Family Caregiver, a Volunteer Caregiver or a Para-Professional Caregiver. If you do and you would like to nominate someone within the state of Georgia, please contact your local CARE-NET Coordinator. You must be willing to write why this individual deserves to be Caregiver of the Year.



Nominations will be taken for those demonstrating direct service care, compassion and resourcefulness in providing long term home or community based care. To be eligible for the award, a caregiver must be currently providing care, or must have provided care within the past year.

For the CARE-NET Coordinator in your area, please visit [www.RosalynnCarter.org](http://www.RosalynnCarter.org) at this link: <http://www.rosalynncarter.org/Georgia%20CARE-NET%20Coalition/>. Find your location on the map, then click on regional contact/address information. The CARE-NET Coordinator will send you the nomination forms necessary for your region. All entries must be in by July 1, 2014 to be eligible.

**All nominees in every category should demonstrate one or more of the following characteristics:**

- how this nominee exhibits exceptional compassion and dedication in their caregiving duties.
- ways in which this nominee has expanded their knowledge of caregiving skills and techniques.
- ways in which this nominee has worked to support other caregivers in the community.
- examples of why this caregiver is extraordinary.

## News from AARP

There is a nationwide organization that helps people turn their goals and dreams into real possibilities, strengthens communities, and fights for the issues that matter most to families -- like healthcare, employment security and retirement planning. An organization that relies on volunteers to teach Smart Driver courses, assist people with tax returns, help neighbors learn how to avoid fraud scams, and encourage caregivers to take care of themselves as they are caring for others.

Are you surprised that this nonprofit, nonpartisan organization with a membership of almost 38 million nationwide - over 1 million in Georgia - is AARP?

By spending time on the website at [www.aarp.org](http://www.aarp.org), you will find tools to assist you in different phases of life and interest.

For those days when you dream about retirement, click on the retirement calculator. By entering information such as what age you would like to retire and what income you will have, the on-line tool helps you determine how long your money will last.

On those days as a caregiver when you feel no one else has walked in your shoes, visit the Caregiving Resource Center and connect with other caregivers on our on-line community or "chat" with an expert.

Still have questions about the Affordable Care Act, Health Care Marketplace Enrollment, the Doughnut Hole coverage in prescription drugs, when to take your Social Security benefits or what exactly is covered by Medicare? Up-to-date information on all of those topics is at your fingertips at [www.aarp.org](http://www.aarp.org).

In Georgia, Macon-Bibb and Augusta-Richmond are Age Friendly Designated Communities in the AARP Network of Age Friendly Communities, affiliated with the World Health Organization. Check out the ways Age Friendly Communities encourage healthy and active aging – and how your community can become designated.

So grab a cup of coffee and start surfing the web at [www.aarp.org](http://www.aarp.org). (And don't forget to register for the new Smart Driver course which not only provides great tips to keep our roadways safer, it earns you a discount on your auto insurance.) Enjoy – and take advantage of -- the real possibilities of AARP.

Karen Cooper  
Associate State Director—Community Outreach  
AARP GA State Office

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## RCI IN THE NEWS



In November 2013 a special group of people got together and hosted the first Ryno 5k run and fun walk. Special because they are the family of our beloved colleague Ryan Coleman. They put this run together in Ryan's memory. The proceeds were to be given to the Rosalynn Carter Institute for Caregiving (RCI), and are to be used for special projects in Georgia.

In early January 2014, Johnny and Barbara Coleman, Ryan's parents presented Dr. Leisa Easom, Executive Director at RCI with a check for \$3000. Also that day Dr. Easom presented the Coleman's with two signed books from author and Former First Lady Rosalynn Carter that are to be given to Ryan's daughters.



The 2nd annual Ryno 5k and fun run will be November 15, 2014 on the campus of Georgia Southwestern State University. If you would like more details, please visit the following websites: <http://www.active.com/americus-ga/running/races/the-2nd-annual-ryno-5k-2014> or <https://www.facebook.com/TheRyanColemanFoundation>

So mark your calendars now. If you would to donate, either monetarily or items for door prizes, please contact Joanna Edge at 205-966-4582 or email her at [joannasedge@gmail.com](mailto:joannasedge@gmail.com) or at RCI contact Elaine Larkin at 229-931-2786 or email her at [Elaine.larkin@gsw.edu](mailto:Elaine.larkin@gsw.edu).

Recently the Garden Club of Georgia, Inc. held their state board meeting at Carter 1, aka The Nursing Building, on the campus of GSW. Elaine Larkin was invited to set up a presentation for the Rosalynn Carter Institute for Caregiving to share what they are doing around the state of Georgia.

Pictured are: Virginia Pennington, fourth vice president of Garden Club of Georgia, Inc. (Virginia is from Tifton which is in the Camellia District). Elaine Larkin, RCI Training Coordinator and Faye Frazier, former district director of Magnolia District of Garden Club of Georgia, Inc.



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Dr. Leisa Easom and Elaine Larkin met with Karen Cooper, Associate State Director—Community Outreach with AARP and Myrtle Habersham Member of Executive Council with AARP GA recently in Macon, GA. The discussion was to see various ways they could collaborate together to further assist Seniors with what they both have to offer.



The Aging and In-Home Services of Northeast Indiana, serving seniors and persons with disabilities of all ages, has added BRI Care Consultation to its menu of services for area caregivers in the 9 county region. BRI Care Consultation is a unique evidence based telephonic caregiver support program designed to empower caregivers to manage care and decision making more effectively. On February 28th and 29<sup>th</sup> Cindy Holloway (not pictured), BRI Care Consultation Trainer with The Rosalynn Carter Institute for Caregiving provided training on site, while Branka Primetica (not pictured) Senior Research Analyst with the Benjamin Rose Institute on Aging provided training via webinar. The Aging and In-Home Services staff are pictured above from left to right: Beth Evans, Family Caregiver Specialist, Maureen Widner, VP Consumer and Community Engagement, Sylvia Wade, Care Consultation Consultant, Alyssa Turney, Options Counselor.

The Rosalynn Carter Institute for Caregiving has some exciting news, we are launching our new website for military caregivers on April 1, 2014. Here is the link:

[www.OperationFamilyCaregiver.org](http://www.OperationFamilyCaregiver.org)



On February 26, Laura was the guest speaker at a gala dinner celebrating a year of achievement with RCI REACH. The dinner was held at Nevada Senior Services' Adult Day Care Center of Las Vegas. Approximately 100 community partners and friends were in attendance to hear how the program has positively affected the lives of dozens of Alzheimer's caregivers throughout the Las Vegas area. Nevada Senior Services will be launching another RCI program, "Caring for You, Caring for Me" in the fall.

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## What RCI REACH does for Caregivers

Laura Bauer recently conducted a site visit at Nevada Senior Services, one of 4 RCI REACH sites nationwide. During the visit, she met with community stakeholders to brief them on the progress of the program. Laura trained an additional 5 NSS staff in RCI REACH while on-site. She was thrilled to be able to interview one of the caregivers who has benefitted from the RCI REACH program, Mrs. Alethia Allen, you can view her story at: <http://youtu.be/bPNB3TkVB5c>



## News about Operation Family Caregiver

On March 14, Laura Bauer conducted a site visit to Southern Caregiver Resource Center (SCRC) in San Diego, California. She met and interviewed Crystal, a military caregiver who has participated in Operation Family Caregiver; you can view her story at: <http://youtu.be/QTcqdV3mpRw>. SCRC is one of 4 Operation Family Caregiver sites located across the U. S.; the others are COMPEER of Greater Buffalo in Buffalo, NY; Bring Everyone in the Zone, Inc. in Killeen, TX; and Conemaugh Health System in Johnstown, PA. On April 1, a new website dedicated to Operation Family Caregiver will launch. The website will highlight the work being done at these sites to support military families around the country, and include information on how agencies can bring this evidence-based support program to their own communities. So be sure to check out the new website on April 1 at: [www.OperationFamilyCaregiver.org](http://www.OperationFamilyCaregiver.org)



## Save the Date

The 2014 RCI National Summit & Training Institute will be held Friday, October 24, 2014 in Americus, GA. "Supporting the Unsung Heroes behind our Heroes" will highlight the personal stories of family caregivers and caring professionals who support them. The Craig Remsburg Family will be the Keynote Speakers. Please check our website often for updates and to make your reservations.

[www.RosalynnCarter.org](http://www.RosalynnCarter.org)

On May 2 –4, 2014 will host Plains Chautauqua. President Jimmy Carter will be the keynote speaker. One of the many sessions that will happen that weekend, is dessert with Former First Lady Rosalynn Carter. Dr. Leisa Easom and Elaine Larkin from the Rosalynn Carter Institute for Caregiving will also be in attendance. Dr. Easom is the Executive Director and will be available for questions and will share about caregiving in our society, while Mrs. Larkin will be have Mrs. Carters books available to purchase, and available for Mrs. Carter to sign. For more information call 229-824-4567 or visit [www.plainschautauqua.com](http://www.plainschautauqua.com)



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## CARE-NET Calendar

### Meeting dates second quarter 2014:

Atlanta Regional	April 16th
Central Savannah	April 23th
Coastal Georgia	May 27th
Heart of Georgia	TBA
GA Mtns./Legacy Link	TBA
Middle Georgia	May 15th
Northeast Georgia	June 17th
Southern Crescent	March 18th
Southwest Georgia	June 20th
West Central Georgia	June 24th

For additional information you may contact the CARE-NET Coordinator for each region. Their contact information can be found at:

[http://www.rosalynncarter.org/georgia\\_carenets/](http://www.rosalynncarter.org/georgia_carenets/)

### Upcoming Webinars for CARE-NETS

June 4, 2014 –Depression vs. Dementia

All webinars are archived at this link:

[http://www.rosalynncarter.org/gdas\\_trainings/](http://www.rosalynncarter.org/gdas_trainings/)

*Sponsored by RCI and GDAS*

The RCI: Training Center for Excellence is offering two training opportunities at RCI in Americus in the coming months. For people interested in becoming facilitators for Caring for You, Caring for Me a training class will be held April 29, 2014 (cost=\$150). People who wish to become certified RCI REACH Interventionists, a class will be held May 28 and 29 (cost = \$1,250). Anyone interested should contact Gayle Alston at (229-931-2707) [gayle.alston@gsw.edu](mailto:gayle.alston@gsw.edu) for more information and to register.

### 2014 Coalition Meeting Schedule

All Meetings will be held at the:

Methodist Children's Home

Macon, GA

10:00 AM—2:00 PM

June 9, 2014

September 9, 2014

December 9, 2014

Do you know someone that would like to receive this newsletter, if so, please share it.

Did a friend send you this newsletter? Would you like to be sure you continue to receive it, then sign-up by sending an email to:

[Elaine.larkin@gsw.edu](mailto:Elaine.larkin@gsw.edu)



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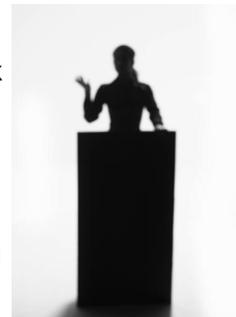
Dr. Leisa Easom Executive Director at The Rosalynn Carter Institute for Caregiving will be the opening speaker at the Caregiver Expo 2014 in Jacksonville on April 26, 2014. Her topic is "The Caregiver is the Heart of Caregiving".

Don't miss this day of celebration and renewal for family caregivers and those they care for! Free, Fun & Focused On You! Join us Saturday, April 26 from 9 a.m. to 3 p.m. at the University of North Florida, Herbert University Center for **Caregiver Expo 2014**. When more than 100 exhibitors, excellent speakers and caregivers from across Northeast Florida come together on one day, beautiful and magical things can happen.



## Speakers Bureau

Do you need someone to speak to your group? The Rosalynn Carter Institute has professionals in the area of Caregiving and Alzheimer's care who can speak to your church and/or social groups in the communities we serve. Call 229-928-1234 to start a conversation on how RCI can help. Our goal is to help individuals care for loved ones by sharing our expertise. Presentations can be based on your specific needs in Caregiving.



**YES!** I want to make a tax-deductible contribution to The Rosalynn Carter Institute . Tax ID 58-1386358

Enclosed is my donation of \$ \_\_\_\_\_.

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City/State/Zip \_\_\_\_\_

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I am making this gift in  memory of  honor of

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Please make check payable to the Rosalynn Carter Institute and send to: 800 Georgia Southwestern State University Drive, Americus, GA 31709. **You may also contribute online by visiting [www.rosalynncarter.org](http://www.rosalynncarter.org).**

This gift is to be used as follows: (check one below)

Endowment Funds

CARE-NET

Education and Training

Undesignated Funds .

Development

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