



OCTOBER 2007 ISSUE

Newsletter

OCTOBER 3, 2007

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Were you able to attend the 2007 Senior Fair held recently at the Blaisdell Center? Thousands of older adults took advantage of the exhibits, activities and demonstrations to learn more about the services and products available to make aging an easier and less stress-filled time in our lives. It was encouraging to see how many parts of our business and private community are working together to address the needs of Hawaii's senior population.


A special thanks to each of you who took the time to participate in the 2007 **Give Aloha** campaign through Foodland stores. We will receive your donations and an extra amount from the Foodland corporation in proportion to the total gifts made throughout the campaign.

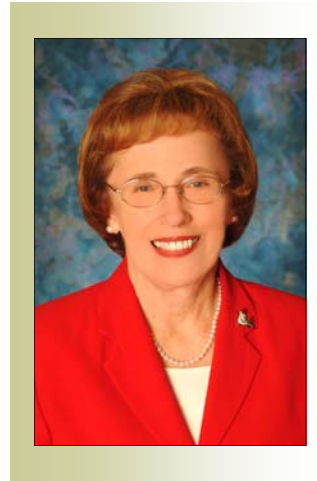
The **Hawaii Caregiver's Coalition** (a group made up of the leading caregiving organizations) is an-

nouncing a new Caregiver Award co-sponsored by the KHON Elderhood project. Three organizations will receive recognition for their work in various caregiving areas as well as an individual from each of the Hawaii counties who will be honored for exemplifying how a caregiver can inspire others and participate in community caregiving efforts. For more information and to obtain nomination requirements, please contact Wes Lum at 586-7319.

American Savings bank and the State Elderly Affairs Division have published a new Senior Resource handbook. Pick yours up at any ASB and don't forget to say "thank you" for their generous support of this valuable guide.

We will have a short Board meeting following the Oct. 11th session—please plan accordingly.

Marilyn B. Lee 



Marilyn B. Lee

Meeting Schedule

October 11, 2007
Rev. Kevin Kuniyuki
Wahiawa Hongwanji

Wahiawa General Hospital
 WNRC
2nd Floor Dining Room
 7 PM—9 PM

Board Meeting
 to follow
 Agenda • 501(c) (3) status •
 2008 slate • 2008 schedule

Advisory Council

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WHAT'S SO IMPORTANT ABOUT A SUPPORT GROUP?

What can a caregiver support group do for me as a spousal caregiver?

It can:

- Provide a safe, supportive, and confidential environment for sharing feelings and coping skills in a non-judgmental atmosphere
- Provide education and information on the specific disease and caregiving requirements
- Provide an opportunity to talk and share with other caregivers who are going through, or have gone through, the same experiences -- I call this "sharing and caring"

- Provide a place to learn coping skills and mechanisms, saving you much trial and error
- Provide advice on what lies ahead for you so that you can be prepared and anticipate changes
- Provide support for your personal sanity and confidence -- you are not alone
- Provide a welcome break from routine caregiving responsibilities
- Provide an opportunity to develop informal support and social relationships and to make new friends
- Provide encouragement to participants to maintain their own personal emotional, physical, and

spiritual health

- Provide an opportunity for personal growth and development, especially as it applies to your caregiving role
- Provide an opportunity to learn more about the specific disease afflicting your loved one and how to be a *quality* caregiver
- Provide "tender loving care" from people who really and truly understand your situation because they are all "in the same boat."

By Bill Andrews
<http://www.caregivershome.com>



Many thanks to Vernon and Ethel Yamamoto for facilitating last month's "talk story" extended session. With characteristic warmth and compassion we were encouraged to share our caregiving experiences, needs and frustrations.



Ethel and Vernon Yamamoto

REVEREND KEVIN KUNIYUKI TO SPEAK



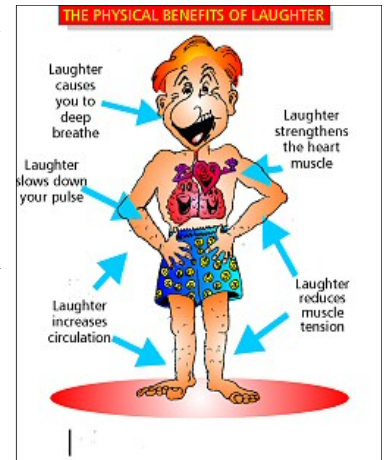
October 11th is our next Care-giver's Support Group meeting and we will be welcoming the Reverend Kevin Kuniyuki of the Wahi-awa Hongwanji Mission.

Reverend Kevin Kuniyuki was born in 1955 in Honolulu, Hawaii, and spent his formative years in Pearl City. Graduating from the University of Hawaii with a degree in economics, Reverend Kuniyuki worked in the technology field, including establishing a computer consulting business. He married his wife Dayle in 1988 and lived on the Big Island where he became involved with

the Papaiko Hongwanji. It was there he rediscovered the religion and way of life of his grandparents.

Reverend Kuniyuki will be sharing his experiences with us and how his work at the Hongwanji encompasses the caregiving needs of many in his congregation and community at large.

Join us for this special time which will be followed as usual by an open time of "talk story"



understand the meds:
Blood thinner FAQs
Tips for caregivers

How do blood thinners work?

What are blood thinners and why do people take them?

Why are blood thinners sometimes difficult to take safely?

What can I do to support myself while supporting my loved one?

CARING FOR A LOVED ONE WITH MENTAL ILLNESS

If someone you love has mental illness, it is important for you, your loved one, and your loved one's healthcare team to work together. You may also want to get other members of your family involved. Learn all you can about your loved one's illness, and understand coping techniques and tips. Healthcare professionals may be able to offer suggestions and tips on how to control frustration, clearly communicate with your loved one, set boundaries, and more.

Mental illness can be disabling for your loved one, especially during an episode of depression, mania, or psychotic behavior. While these episodes are occurring, you may also benefit from professional healthcare assistance.

The following suggestions may help you on a day-to-day basis while caring for someone with mental illness.

- **Identify reasonable and obtainable goals.** Setting expectations too high sets everyone up for stress and failure. Encourage and recognize progress, even if it is less than what was hoped for. Goals for some people may be taking a course at school or part-time volunteer work; for others, an achievable goal may be getting out of bed and coming to the dinner table.
- **Learn to reduce stress.** Stress is a normal part of life, and as a caregiver, you may experience higher levels of stress because of your responsibilities. Your loved one may not be able to interpret your stress as something apart from

Caregiving 101



them or their behavior—and they may not be able to handle your stress. Stress may make people with mental illness vulnerable to relapse. It is important as a caregiver to take steps to reduce your own stress as well as provide direction to your loved one on ways to reduce their stress.

- **Talk to each other and to the healthcare team.** Communication is important if you're going to work together.
- **Be encouraging and supportive.** A critical, over-involved, or overprotective attitude may be threatening to people who are ill and may undermine their confidence.
- **Learn problem-solving techniques.** It's important that people be able to solve their own problems. However, you can all work together to identify problems and possible solutions.
- **Be sensitive.** Avoid comparisons to friends, colleagues, or family members. Other people's success at work, school, or in their social lives may only worsen demoralization.
- **Encourage compliance in taking medication.** Families should encourage loved ones to follow the clinician's instructions regarding their medication. Without nagging or criticism, you can help them remember to take their medication by pointing out how much they have accomplished.

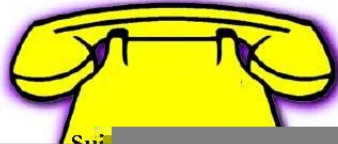
How You Can Help Yourself

Caring for someone with mental illness takes a good deal of energy, balance, and hard work. You may need to constantly juggle schedules, make and keep medical appointments, keep track of medications, and more—not to mention the emotional toll. It can be a day-in, day-out grind ...without a day off. As the days fill up, it's important to remember to schedule some time for yourself, as impossible as that may seem.

Here are some simple steps you can take to recharge:

- Call a friend
 - Go for a long walk
 - Curl up with a book
 - Rent a favorite video
 - Take a hot bath
 - Have a massage
 - Write a letter
 - Listen to your favorite music
- Take 10 minutes to do whatever you like best

Strength For Caring Johnson&Johnson ©



Avoid relapse by knowing the early signs. If you notice your loved one losing interest in things, becoming increasingly depressed, having difficulty concentrating, withdrawing socially, having difficulty making decisions, having sleep problems, feeling overcommitted or over expansive, or if you notice other feelings or actions unique to your loved one, call the clinician immediately. Getting professional help early enough may prevent a relapse.

OCTOBER IS DEPRESSION AWARENESS MONTH

Depression Symptoms

- D** – A sad or **Depressed** affect (the impression a person makes) along with a lack of interest of joy in what once would have been pleasurable
- S** – **Sleep** disturbance or lack of sexual desire
- I** – Lack of **Interest** in activities
- G** – **Guilt**, in excess, or feelings of worthlessness or of being no good
- E** – Loss of **Energy**
- C** – Lack of **Concentration**
- A** – Loss of **Appetite**
- P** – “**Lead**en **Paralysis**” or profound fatigue of a sort that one sees in patients with Parkinson's Disease; or they can become agitated, angry or even hostile
- S** – **Suicidal** thoughts or plans. The person may say, “I wish I were dead. I am a burden”

Board Meeting following the Oct. 11th session.

Caregiving Glossary (cont.)

Informed Consent

Intermittent Care

Intermediate Care

Instrumental Activities of Daily Living (IADLs)

Licensed Practical Nurse (LPN)

Live In

Visit ARCHIVE for past meeting notes
www.wpress.com/care

Central Oahu Caregivers' Support Group
PO Box 893711
Mililani, HI 96789

Pass this along to _____

COCGS does not endorse any of these organizations.
This information is provided for your resource use only.

ON-LINE RESOURCES FOR CAREGIVERS

Arthritis Assistance

<http://allaboutarthritis.com>

Information about types of arthritis, pain management, treatment options, FAQs and personal tools.

Care Giving Community

<http://www.eldersearch.com>

Support for caregivers and information available in your areas. A good site for problem solving and geriatric care.

Benefits for Seniors

<http://www.benefitcheckup.org>

Service that identifies federal and state assistance for your particular situation.

Senior Store

<http://www.seniorstore.com>

On-line store includes: clothing, books, video, music and nostalgia. Also featured, household items, gift baskets and more. A unique shopping site.

Senior Housing Net

<http://www.seniorhousing.net>

A comprehensive guide to retirement communities, assisted living residences, Alzheimer's facilities and nursing homes nationwide.

Transitions, Inc.

<http://www.asktransitions.com/index.html>

Elder Care consulting - tips and tools, family resources services.

Administration on Aging

<http://www.aoa.dhhs.gov/aoa/webres/craig.htm>

A directory of web sites on aging.

The Gerontology Foundation

<http://www.healthandage.com>

Interactive center between the public and the professionals.

Access America for Seniors

<http://www.seniors.gov>

News magazine reporting on the issues of aging.

Administration on Aging

<http://www.aoa.gov>

Sites on Adult Day Services, Ageism, Assisted Living and much more.

Indiana Association for Home Care, Inc.

http://www.ind-homecare.org/pages/independent_living.html

A Guide to Independent Living.

Administration on Aging

<http://www.aoa.dhhs.gov/elderpage.html>

Extensive information for Older Persons and their families.

Dr. Koop

<http://www.drkoop.com>

Former Surgeon General provides a medical community on line.

American Association of Retired Persons

<http://www.aarp.org>

Advice from the nationally-known agency.

Seniors Site

<http://www.seniors-site.com/index.html>

Message boards for illness, pets, drugs, housing and more.

Life Extension Foundation

<http://www.lef.org>

Information on medical discoveries and research.

Meals on Wheels

<http://www.projectmeal.org>

Information on the Meals on Wheels closest to your area.

Homecare Online

<http://www.nahc.org>

Extensive guide to home care and hospices, advice on how to choose an agency.

Elder Care Resource

[EldercareHawaii.com](http://www.eldercarehawaii.com)

Web based information portal— Tries to coordinate timely information and act as a central site for Hawaii-based Care groups.

Senior Resources

<http://www.seniorresource.com>

Resources by state, retirement, finance, insurance and care.

National Alliance for Care Giving

<http://www.caregiving.org>

Care Guide

<http://www.careguide.net>

Personal care giving resource for directories, articles, newsletters, tools and more.

Age Page

<http://www.agepage.com>

Caregiver's resource guide and lots of information.

Senior Options

<http://www.senioroptions.com>

Free guide to senior services including living facilities, care centers, home health services, and hospices everywhere in the USA. Listed by state and city.

Estronaut

http://www.estronaut.com/a/elderly_mental_health.htm

Mental health concerns in the elderly.

Web MD

<http://www.webmd.com>

The online doctor is IN.

Catholic Charities Hawaii—Community Services for Hawaii.

<http://www.CatholicCharitiesHawaii.org>