

Caregiver Quarterly

A publication of Caregiver Services,
a program of the Area 1 Agency on Aging

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Caregiver Services

maintains a registry, matching trained and pre-screened caregivers with potential employers, including In-Home Supportive Services clients. Information and support are available for family and professional caregivers.



How to reach us:

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Caregiver Services is located at 434 7th Street, Suite B in Eureka.

(Mailing Address:
3300 Glenwood Street
Eureka CA 95501)

Caregiver Services, HICAP and IHSS Public Authority Offices Relocate

By Anthony Antoville

Caregiver Services and HICAP (Health Insurance Counseling and Advocacy Program) of the Area 1 Agency on Aging welcome you to visit our new location at 434 Seventh Street, Suite B, across from the Morris Graves Museum and the Eureka Inn. The office hours are 9:00 am to 4:30 pm and closed during the noon lunch hour. The phone number for Caregiver Services is 443-4363 and HICAP is 444-3000.

The Humboldt County In-Home Supportive Services (IHSS) Public Authority is joining these two Agency programs at the new 7th Street site. As the Employer of Record, the IHSS Public Authority was created for the purpose of collective bargaining and establishment of a referral registry for IHSS clients and their care providers. The IHSS Public Authority can be reached at 476-2156.

Caregiver Services serves as Humboldt County's IHSS Provider Registry, providing registry services to seniors and adults with disabilities who need help at home. Free registry services are also available to non-IHSS clients. Caregiver Services offers in-home caregiver trainings, and a lending library for family and professional caregivers.

HICAP provides free, impartial help for people who have questions or problems regarding Medicare, Medicare drug plans, Medicare Advantage plans, Medicare supplements or long-term care insurance.

We hope clients will find the overall, extra office space and parking helpful, as they access program services in this bright and comfortable setting.



Star Caregiver

By Teresa Christian

We would like to introduce star caregiver Lori Corcoran into the spotlight! Lori Corcoran has been on the Caregiver Services' registry since August 2001. She has been a caregiver since 1991. After 16 years, she still finds the work rewarding. She enjoys making a difference in the life of her clients and helping them to remain in their home, as independently as possible. Lori loves caregiving because it offers the opportunity to meet a wide variety of people and experience many different cultures.

When Lori is not busy being a caregiver she likes spending time with her family, working out, reading and playing the piano. As a professional, Lori believes that because a caregiver is affecting the daily health and well being of a vulnerable population, such as seniors and disabled people, it is very

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Happy Retirement to June and Hello to Suzy!

Caregiver Services and the rest of Area 1 Agency on Aging send warm wishes to June Crym on her retirement after 23 years with us. All of us will miss

her “get it done” spirit and steadfast support!

My name is Suzy Smith, and I am the new Programs Assistant for the Caregiver Services and HICAP offices. I will be greeting you as you enter our new location at 434 7th Street, Suite B in Eureka. I will be working on the Caregiver Quarterly newsletter, helping prepare for caregiver trainings, entering computer data and keeping the library in order. I previously worked for the Area 1 Agency on Aging as the Executive Assistant. In my new position, I am excited to be supporting both care providers and care recipients in person and on the phone.

Going Mobile – Mobility Days 2007

“Going Mobile” events are part of October Mobility Month events held at the AT Expo and senior centers in Arcata, Eureka, McKinleyville, Fortuna and Garberville. These events offer the opportunity to explore transportation options for those who do not drive or choose not to drive.

New buses have more room to maneuver, are easier to get on and off and are more energy efficient. The events will have a transportation specialist to explain routes, fares, features of the bus and includes a free short ride to experience “Going Mobile.” Information about transportation options will be available. Older adults, caregivers, persons with disabilities and other members of the public interested in exploring transportation are invited to attend. For more information and dates, contact April at the Area 1 Agency on Aging 442-3763.

Julie Sessa is Area 1 Agency on Aging Planner

Caregiver Quarterly is published four times a year by Caregiver Services, a program of the Area 1 Agency on Aging. We welcome your comments. Please send letters and change of address notices to *Caregiver Services*, Area 1 Agency on Aging, 3300 Glenwood Street, Eureka CA 95501. You can also e-mail us at: caregiver@a1aa.org

How Am I a Part of National Caregivers’ Month?

By Anthony Antoville

As we approach National Caregivers’ Month, we want every caregiver to take the time to focus on **Believing** in yourself, **Protecting** your health and **Reaching Out** for help.

Believe in yourself! This way of thinking will help you to take charge of your own life and actions. Once you take charge of yourself, you will be more prepared to help someone else. Choosing to be a caregiver means you are part of a team. You are not alone. Take the time and energy to develop relationships between your clients, other caregivers, family members and medical professionals. You are the reason your client or family member is able to live at home. Take pride in the care you give!

Protect your health! Keeping yourself well can help you be the best caregiver possible. It is important to remember to create a balance between caring for others and caring for yourself. If you do not take care of yourself, how can you take care of someone else? Take care of your body with careful lifting, good nutrition and taking a break (respite) when you are tired or overwhelmed. Good caregivers take care of themselves.

Reach out for help! Knowing when to ask for help is a sign of strength and not a sign of weakness. Figure out the help you need by making a list, calling a friend, talking to family members or calling local caregiving support groups. Be honest and direct about the issues and problems you are facing as a caregiver. It does not matter if you are caring for a family member or a client, truthful talk helps everyone involved. Good caregiving begins with good communication.

If you know someone who is currently caring for a family member, a neighbor or friend, take time to listen and offer help. Even a quick trip to the store or dropping off a prepared meal, can help a stressed out caregiver feel better. All of us can pitch in to improve the care of our families, our neighbors and our community. Help us celebrate November as National Caregivers’ Month by doing your part!

*Anthony Antoville is Manager
of Caregiver Services*

Let's Celebrate the Stars of Caregiving!

We plan to give an early kick off to November as National Caregivers' Month. The In-Home Supportive Services (IHSS) Public Authority, and Area 1 Agency on Aging are working together to bring you Eureka's 4th Annual Caregiver Celebration and Resource Fair in late October.

We take this time of the year to salute all in-home caregivers. Family and professional in-home caregivers are recognized for their dedication to care. If you are a Humboldt County IHSS provider or a caregiver listed on Caregiver Services' registry, watch your mail in early October for your special Invitation! When you receive your invitation be sure to return your RSVP card.

Don't miss out – we put on a good party! A buffet dinner will be served and local services and organizations will be on hand to provide important information to help caregivers and the people you serve. Mark your calendar for Thursday, October 25th, from 5:00 pm to 8:30 pm, at the Adorni Center in Old Town, Eureka. See you there!



Calendar of Coming Events

Free In-Home Care Provider Trainings:

- **Arcata, September 18 through October 25**, Monday and Wednesday evenings, 6 to 9 pm.
- **Eureka, October 10 through November 14**, Tuesday and Thursday evenings, 6 to 9 pm.

Pre-registration is required. Call Michelle at (707) 443-4363 (toll free: 1-877-977-1604).

Soroptimist 17th Annual Walkathon to benefit new Alzheimer's Resource Center:

Saturday, October 20. Call (707) 444-8254 ext. 201 or 202 for information .

Office Closed:

Veteran's Day — November 12
Thanksgiving — November 22 & 23
Christmas — December 24, 25 & 26
New Year's — December 31 & January 1

New Enrollment Rights for People with Medicare

Medicare has announced two new special enrollment rights for people with Medicare to change their current health coverage.

If You Were Mislead Into Enrolling In Medicare Advantage

If you currently have a Medicare Advantage Plan and believe you were enrolled in the plan based on misleading or incorrect information provided by plan employees, insurance agents or brokers, you can get a special enrollment to get out of the plan.

You can call 1-800 Medicare to ask for this special enrollment and can ask to be retroactively enrolled in Original Medicare back to January 1, 2007.

This right became available after seven major health insurance companies suspended marketing of Medicare Advantage plans in the wake of widespread reports of misleading and abusive marketing practices.

If You Have Extra Help for Medicare Drug Plans

If you have the Extra Help for Medicare drug plans, you now have an ongoing right to change your Medicare Drug coverage and/or Medicare Advantage plan coverage one time per month.

Call HICAP for Help

The HICAP program of the Area 1 Agency on Aging provides free help if you need to take advantage of these new special enrollment rights from Medicare. Call 444-3000.

*Anne Conrad-Antoville
is Area 1 Agency on Aging HICAP Manager
for Humboldt and Del Norte Counties*

Star Caregiver

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important that if someone is considering becoming a caregiver they need to truly love the work. When asked if she had some words of advice for clients when interviewing a prospective caregiver, Lori replied that the client/caregiver relationship will go much smoother if the client is able to be very clear about what is expected of the caregiver in terms of specific tasks to be done and hours needed to be worked. Arlene Labrecque, a client of Lori's, stated, "Lori is very sweet and easy to talk to. She is dedicated and has been with me for a long time."

*Teresa Christian is Resource Specialist
for Caregiver Services*

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CAREGIVERS' CORNER

Keeping Your Hands Clean

By Anthony Antoville

One of the best ways to keep you, your family and your clients healthy during the upcoming holiday months and all year round is to practice good hand washing and universal precautions.

Just think about how often your hands touch objects and people. Now, consider all the times you rub your nose, wipe your eyes, scratch a cut on your arm or touch your lips. Protect yourself and everyone else by washing your hands every time before and after performing client care, even when you use gloves. And at the very least, use an instant hand sanitizer if you cannot wash with soap and water.

Think about what may be dirty: doorknobs, drawer handles, sinks, faucets, wheelchair and walker handles, bedding, TV remote controls, telephones and pens. Wash your hands with warm to hot water, soap and rub well. It is the rubbing that scrubs the germs loose from your skin after the soap has made the surface slick. Rinse well with your fingertips pointing downwards. Finally, use a paper towel to dry your hands and use it to turn off faucets and lights and to open and close doors.

Remember, even though the holidays are for sharing, be a humbug! Do not share any viruses. And, may your caregiving be healthy and germ free!

