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# TM COMMUNICATOR

## Important Dates

- May is Older Americans Month.

## WORDS FROM TAMMY

We often come in contact with those who are caregivers for a family member. These individuals can suffer from exhaustion, become overwhelmed, feel isolated, or experience depression and physical ailments all due to caregiver burn-out. That's why respite is so important for family caregivers. The excerpt below is a good reminder of what respite can accomplish.

**R** – Renewal and Relaxation: Taking a walk, strolling leisurely through the mall, visiting a museum or doing whatever brings joy can calm a caregiver, decrease their heart rate and improve their mood.

**E** - Energy: To be effective in their own work, a caregiver must be afforded time to re-energize. Even an automobile won't run on empty.

**S** – Space: Getting away from the caregiving situation for even just a few hours helps with relaxation and brings a renewed sense of purpose.

**P** – Pleasure: A caregiver must remember that they have the right to enjoy life even if they feel their care recipient cannot do the same.

**I** – Identity: A caregiver must be intentional in maintaining a sense of self.

**T** – Time away from the situation allows a caregiver to see it more clearly and upon return, adjustments can be made to improve the experience.

**E** - Engagement: Social isolation can be a huge problem for caregivers. It's important to take time to engage with friends and family by sharing lunch, taking a shopping trip or a walk in the park.

We are fortunate to have a great respite resource here in the Treasure Valley. Friends in Action is a not-for-profit organization formed in 2004 that has been making a difference in the lives of family caregivers and elders in the Treasure Valley. Please visit their website and keep them in mind when you come in contact with someone who you know that could benefit from respite. http://www.fiaboise.org/contact.html

**Contact *Friends in Action* by phone, email, in-person:**
**Visit:** 1607 W. Jefferson Street, Boise, ID 83702
**Email:** info@fiaboise.org
**Phone:** 208.333.1363

Tammy Ray—IHC Project Manager

## WHAT SARAH HAS TO SAY

Recently I came across some life lessons written by Regina Brett and she really got me thinking about life and the way we choose to live it (these are in no particular order):

- Life isn't fair, but it's still good.
- When in doubt, just take the next small step.
- Life is too short to waste time hating anyone.
- You don't have to win every argument. Agree to disagree.
- You can get through anything if you stay put in today.
- When it comes to going after what you love in life, don't take no for an answer.
- Over prepare, then go with the flow.
- Be eccentric now. Don't wait for old age to wear purple.
- No one is in charge of your happiness except you.
- Time heals almost everything. Give time, time.
- However good or bad a situation is, it will change.
- Believe in miracles.
- Don't audit life. Show up and make the most of it now.
- Take a deep breath. It calms the mind.
- If you don't ask, you don't get.
- Forgive everyone everything.
- Get outside every day. Miracles are waiting everywhere.
- Growing old beats the alternative - dying young.
- Life isn't tied with a bow, but it's still a gift.

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## TRAINING TIPS - Fall Prevention

An overlooked, yet very serious concern with the elderly is falls. A fall can threaten a person's safety and independence while creating great personal costs. Every 18 seconds an older adult is seen in the emergency department related to an injury caused by falling. In 2010 the Centers for Disease Control and Prevention (CDC) found that 2.3 million nonfatal falls injuries among older adults were treated in the emergency room. Falls are the most common cause of nonfatal injuries such as fractures to the hip, spine, forearm and leg. According to the CDC more than half of all accidental injury deaths to the 65-plus age group were due to accidental falls. In Idaho alone EMS respond to 6,000 calls related to falls each year.

However, falls are not inevitable and there are certain precautions to be taken in preventing such:

1. **Regular exercise** – Find exercises that focus on strength, balance, and flexibility; exercises that focus on increasing strength in the legs, core, and hips are the most beneficial.
2. **Talk to your health care provider** – Have an assessment done for your risk of falling and be sure to share previous history of falls.
3. **Regularly review your medications with your doctor or pharmacist** – Make certain that side effects of your medication are not raising the chance of falls.
4. **Get your vision and hearing checked annually** – Your eyes and ears are two key senses for keeping you on your feet. Also be sure to regularly have your eyeglasses updated.
5. **Keep your home safe** – Remove any tripping hazards, increase the lighting, and you may even consider installing grab bars in key areas of your home.
6. **Talk to your family members** – Have them be aware of the potential situation that could take place and also promote them to take precautions in staying safe.

Exercise programs have shown success in preventing falls among older adults; they have shown to improve balance, strength, flexibility, and endurance. There are more than 75 class sites statewide that offer seniors the opportunity to participate in classes multiple times per week and throughout the year.

**To find a class in your region click on the appropriate link below:**

· Panhandle Public Health District

· Public Health - Idaho North Central District

· Southwest Public Health District

· Central District Health Department

· South Central Public Health District

· Southeastern Idaho Public Health

· Eastern Idaho Public Health District

### Question of the Month:

How many other states have the Money Follows the Person grant?

*There are currently 41 states and Washington D.C. that have received the grant.*

## SHOUT OUTS!

**Region 1 & Region 2 Staff and Transition Managers** - A huge thanks to all of the region 1 & 2 Division staff and transition managers that met with us while we were up north. We know you are all busy and we appreciate you taking time out to talk about the program.

**As of 4/24/2014**

**We have transitioned…**

**170**

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