

YOUR GAST TEAM MEMBERS

Kimberly Williams, Director
Kimberly.Williams@TrilliumNC.org

Ruth Fredrick, GAST Coordinator
Ruth.Fredrick@TrilliumNC.org

Frankie Glance
 Administrative Assistant
Frankie.Glance@TrilliumNC.org

Tamisha Vaughan, GAST
 Coordinator
Tamisha.Vaughan@TrilliumNC.org

Andrew Dickmeyer, GAST
 Coordinator
Andrew.Dickmeyer@trilliumnc.org

Linda Windley, GAST Coordinator
Linda.Windley@TrilliumNC.org

Linda Klund, GAST Clinician
Linda.Klund@TrilliumNC.org

FIND COMMUNITY RESOURCES QUICKLY

NC211.org

There are hundreds of health, human service and other helpful organizations listed for nearly any kind of need. Simply dial 2-1-1 any time of day or visit www.NC211.org to find the help you need.

JOIN OUR MAILING LIST

Stay up to date on events, news and information about Trillium Health Resources and how we work to Transform Lives!

CAREGIVER AND TECHNOLOGY

by Kimberly Williams, MSW, LCSW



PART 2 - Patient Monitoring Tools for the Caregiver

First, let us talk about alert systems. There are two kinds: monitored and non-monitored. When the monitored system is activated, a live person will respond to assess the situation and alert EMS and other family members as needed. Some systems include a pendant with an automatic fall alert detection button. These buttons contain sensors that can tell if a fall has taken place. If a fall has taken place, an alarm call is made to the medical alarm-monitoring center. The advantage of having an automated fall detection button is that it does not depend on the patient to be cognizant enough to press the button and sound an alert. Additionally, medical alert monitors most often have GPS.

The other option is the less-expensive, non-monitored assistance alert. This is in case of an emergency and may provide life-saving information to first responders such as medications, allergies, conditions, etc.

There are many systems out there and it pays to do research to get exactly what you need.

- ✦ Bed/chair and floor mat alarms are great for reducing falls and wandering as they will alert the caregiver if the individual has gotten out of bed or a chair. These can be purchased from any medical equipment store as well as online for as little as \$60.00.
- ✦ Wireless security cameras, also referred to as a Nanny cam, can let you monitor the individual thru your phone, iPad or tablet. Many have the ability to monitor day or night and have two-way audio communications.
- ✦ Many physicians' offices as well as home health have Wellness Reporting which offers the ability to remotely monitor your heart, blood pressure, weight, and blood sugar remotely
- ✦ ADL Alerts can monitor changes in daily routine that trigger an automatic phone call, text, or email when changes occur.
- ✦ Grand Care Systems is an oversized touchscreen in the residence which provides the individual with social communications, instructions, reminders, medication prompts, and web-based entertainment. Additionally, it will alert the caregiver of wellness information/monitoring or if the individual did not get out of bed, take their blood pressure reading, or follow routine activity patterns. This is an à la carte system so caregivers can add items as needed.
- ✦ Caregivers can also stay in touch using social media, Skype, and other computer-based programs

Next: Disease Management and Cognitive Fitness

<http://www.caregiversystems.com/>

<https://www.grandcare.com/>

<https://www.aarp.org/caregiving/>

FUN ACTIVITIES FOR THE ELDERLY

by Frankie Glance, Administrative Assistant

There are many fun activities elderly people can take part in to keep their minds sharp, bodies strong, and spirits high. According to <http://seniors.lovetoknow.com>, whether it's spending time outdoors, playing games with family and friends, or spending time working on a favorite hobby, doing things they love can benefit the overall wellbeing of all seniors.



Being Outdoors

Seniors who enjoy being outside may find birdwatching a fascinating hobby. They can spot birds or look for feathers while taking a nature walk, or identify species from the comfort of their own backyard while they listen to the birds sing.

Other fun outdoor activities include:

- Picnics
- Gardening
- Fishing
- Outings to parks and other places of interest
- Treasure hunts

Arts and Crafts

Whether it's learning a new craft or continuing with a favorite hobby, most arts and crafts activities can be modified as needed so that seniors with certain physical limitations can still enjoy a favorite pastime.

A very popular activity for the elderly is ceramics. Many ceramic projects only need light sanding and painting, resulting in a beautiful and rewarding finished piece. This type of project offers a wonderful way for seniors to pass the time either at home or at senior community centers

Other suitable crafts for senior citizens include:

- Painting
- Drawing
- Sewing
- Knitting
- Crocheting
- Photography
- Making greeting cards
- Scrapbooking
- Sponge painting stationary
- Woodworking projects such as building birdhouses or making clocks
- Making foam magnets
- Flower arranging

Games and Puzzles for the Elderly

Many elderly people enjoy spending time playing games or working on puzzles with family or friends.

There are a number of companies that offer a large selection of games and puzzles that are adapted for people who have physical limitations such as low vision or arthritis. Some of these companies include:

- Senior Store
- Senior Sez
- Masters Traditional Games

While many seniors enjoy traditional games like bingo or bridge, others have fun playing nostalgic board games, games that challenge the mind, and computer games. Break out one of the following well-known board games when you want to liven things up:

- Life
- Dominoes
- Yahtzee
- Operation
- Trivial Pursuit
- Scrabble
- Monopoly

Other examples of games that are fun for senior citizens to play include:

- Senior Moments, a memory game
- Trivia games
- Scene It
- The Reminiscing Game, a game made for senior citizens that challenges the memory with great nostalgia questions

Puzzles

Working on puzzles helps keep the mind sharp and alert. The same companies that offer adapted games for people with physical limitations also offer jigsaw puzzles with oversized puzzle pieces and crossword and word search books printed in large print.





15 REASONS WHY SPRING IS THE MOST DELIGHTFUL SEASON



by Ruthie Fredrick, BSW, QP

Summer, winter, and fall may have their fans, but spring is clearly the best season of all. Even science agrees *according to Mentalfloss.com*.

Here are 15 reasons why...

- + **Temperatures Are Moderate** - Spring marks the end of blistering winter and the transitional period to scorching summer. The Earth's axis is angled between its closest and furthest position from the sun, when temperatures are the most extreme. You can finally ditch the winter layers.
- + **There Are More Hours In The Day** - Following the spring equinox, when the Earth's horizon is perfectly aligned with sun, the days begin lasting longer and the nights get shorter. That means you have more time in the day to get things done.
- + **All The Animals Come Back** - Many species of animals migrated south to follow their food supply during the winter. Once spring returns, these animals do too. There is no better indicator of spring than birds chirping outside your window.
- + **There Are Baby Animals Everywhere** - Animals reproduce in the spring when food is plentiful. Farms are overrun with adorable chicks, bleating kids, and frolicking calves.
- + **You Are Actually Happier** - Exposure to sunlight increases the hormone serotonin in your brain, which makes you feel happy.
- + **You Feel Energized** - Exposure to sunlight decreases the chemical melatonin in your body during the day and increases it at night, which helps you sleep better.
- + **Trees Suddenly Have Leaves** - Spring brings growth back to plants and trees. A successful spring leaf growth ensures a cool canopy to relax under the hot summer.
- + **Plants Turn Green** - It's amazing what a little sunlight, moisture and warm soil can do for plants and grass. Plants convert sunlight into energy and produce the pigment chlorophyll, which turns them green. Not only is it beautiful, its cognitively beneficial. A 2012 study found that people who saw green before a challenge came up with more creative solutions.
- + **Flowers Bloom** - After months spent conserving energy, colorful flowers bloom in the spring, signaling to the bees that they are ready for pollination. Spring's yellow flowers can also lift your mood. Science has proven that looking at buttercups can make you happy.
- + **You Can Get Your Vitamins Naturally** - Sunlight triggers your body to produce the vitamin D3 which keeps your bones strong.
- + **The Snow Is Gone** - Increasing temperatures means that snow and ice will no longer plague your commute or lawn.
- + **Your Pets Shed** - Pets grown extra thick fur to keep themselves warm during the winter. As messy as it can be, when pets shed their winter coats, they are lighter and more full of life.
- + **No More Dry Air** - More moisture in the air means more precipitation in the form of rain. Sit under a metal roof during the rain for a relaxing evening.
- + **You Can Open Your Windows** - With warm weather comes warm air. Open your windows to allow the breeze to refresh your home.
- + **You Can Get Your Vitamins Naturally** - Sunlight triggers your body to produce the vitamin D3, which keeps your bones strong.

Dear Geri,

When my husband was living, we always liked our nightcap before going to bed. After he passed away last month, my one nightly drink has turned in to 3 to 4 glasses. I am just so lonely Geri especially at night. My children are concerned about me due to my recent fall in the kitchen. I have not told the children that I have fallen several times before. Geri I know I need help, but I do not know where to turn.



By Linda Windley, MS, QP, LRT/CTRS

Sincerely,
Lonely in Seattle

Dear Lonely in Seattle,

I am so sorry to hear that your husband has passed away. We all know that loneliness knows no boundaries and can cause us to turn to familiar companions like drinking. My concerns for you are not only the increase in your drinking, but also the rise in falling.

Like you, Lonely in Seattle, the amount of older women with substance abuse is growing in the United States. With 76 million baby boomers beginning to retire, the problem will only continue to grow. Elderly women are more vulnerable to alcohol abuse than men due to living longer than their spouse and facing other losses that can lead to depression.

These losses include:

- ✦ grown children living far away and not visiting often
- ✦ a feeling of uselessness in today's youthful preferred society
- ✦ sickness and pain, financial strains, isolation

According to Sally K. Rigler, MD, "One third of older alcoholic persons develop a problem with alcohol in later life, while the other two thirds grow older with the medical and psychosocial sequelae of early onset alcoholism." The National Institute on Alcohol Abuse recommends for those 65 years of age and older, no more than one drink a day. A drink is classified as 1.5 oz of hard liquor (40% alcohol), 12 oz of beer (5% alcohol) or 5 oz of wine (12% alcohol).

Recommendations for Treatment:

The Center for Substance Abuse Treatment (Blow, 1998) has recommended several approaches for the effective formal treatment of older women with alcohol problems. These include:

- ✦ cognitive behavioral approaches
- ✦ group-based approaches
- ✦ individual counseling
- ✦ medical/psychiatric approaches
- ✦ marital and family involvement/family therapy
- ✦ case management/community-linked services
- ✦ outreach
- ✦ formal alcoholism treatment

I hope that as women continue to age, there will be continued and new treatments available to aid and encourage women to recover.

Sincerely,
Geri

SENIOR HEALTH CONCERNS

By Tamisha Vaughan, MS, QP



As seniors age, they often worry about health conditions, family, and finances. According to the Center for Disease Control (CDC) a person 65 years of age can live another 19.3 years on average if they manage chronic conditions in order to stay healthy. Seniors can stay healthy by making the following lifestyle choices: quit smoking, lose weight, exercise, stay active, and eat healthy. As part of wellness and health seniors should have a primary care physician (PCP) to manage chronic conditions and a dentist for regular oral checkups. All seniors should know the following numbers: blood pressure, A1C, and body mass index (BMI). Primary care physicians will monitor health and recommend screenings based upon age and health concerns. According to *Everyday Health*, the 15 most common health concerns among seniors are as follows: arthritis, heart disease, cancer, respiratory diseases, Alzheimer's disease, osteoporosis, diabetes, influenza/pneumonia, falls, substance abuse, obesity, depression, oral health, poverty, and shingles. Let's look at each concern.

- ❖ **Arthritis:** According to the CDC arthritis affects 49.7% of individuals over 65. The pain from arthritis can make it difficult to be active, but seniors should consult with their PCP to determine a treatment plan and ways to be active.
- ❖ **Heart Disease:** The CDC reports that heart disease is the leading killer for individuals age 65 and over affecting 37% of men and 26% of women. High blood pressure and high cholesterol increase the chance of a stroke and developing heart disease. Know your numbers! Exercising, eating healthy and getting a good night's rest can improve numbers for good health.
- ❖ **Cancer:** According to the CDC cancer is the second leading cause of death for individuals over the age of 65. Although cancer is not preventable, regular screenings such as colonoscopies, mammograms, and skin checks can help detect cancer early and provide treatment options to improve quality of life.
- ❖ **Respiratory Diseases:** The third leading cause of death among adults 65 years and over is chronic lower respiratory diseases according to the CDC. Chronic lower respiratory diseases such as COPD increase the risk of getting pneumonia and other infections. Seniors are encouraged to use oxygen and take medication as prescribed to preserve health and improve quality of life.
- ❖ **Alzheimer's Disease:** The Alzheimer's Association reports that 11% of adults age 65 have Alzheimer's disease, but diagnosis is challenging, which makes it difficult to know how many people are living with this chronic condition. This cognitive impairment affects seniors' safety in the home and self-care, and it also has a significant impact on health.
- ❖ **Osteoporosis:** Osteoporosis contributes to seniors becoming less mobile. According to the National Osteoporosis Foundation, 54 million Americans age 50 and over are affected by this condition, and by the year 2020 64.4 million Americans will be affected.

- ❖ **Diabetes:** The CDC estimates that 25% of people age 65 and over are living with diabetes. Know your A1C because the earlier you are aware of the number the sooner you can make lifestyle changes to improve your health.
- ❖ **Influenza/Pneumonia:** The flu and pneumonia aren't chronic conditions, but are among the top eight infections that cause death in individuals age 65 and over. Seniors are more vulnerable to these diseases and are less able to fight them off. Seniors should consult with your PCP about getting an annual flu shot and the pneumonia vaccine if recommended.
- ❖ **Falls:** According to the CDC, each year 2.5 million people are treated in the emergency room due to falls. Most falls occur in the home, and seniors should be aware of the following tripping hazards: slippery bathroom floors, area rugs, clutter, unstable furniture, etc.
- ❖ **Substance Abuse:** According to *Everyday Health*, substance and alcohol abuse are a concern for senior health because of possible interactions with prescription medication, their impact on overall health, and the increased senior health risks, such as falls, associated with intoxication.
- ❖ **Obesity:** According to *Everyday Health*, obesity is an important senior health risk factor for heart disease, diabetes, and cancer which are all chronic conditions that impact quality of life. As the number on the scale increases so does the risk for disease. Know your body mass index!
- ❖ **Depression:** According to the *American Psychological Association*, 15 to 20% of Americans over 65 have experienced depression. Ways to improve living with depression are medication, therapy, exercise, and social interaction with family and friends.
- ❖ **Oral Health:** According to the CDC, 25% of adults over 65 have no natural teeth. As an individual age the mouth becomes drier and cavities are more difficult to prevent. Schedule regular checkups with your dentist!
- ❖ **Poverty:** In 2013, 45% of adults ages 65 and older had incomes below the poverty level, according to a 2015 Kaiser Family Foundation report. Poverty affects seniors because they are unable to afford doctor visits, medication for chronic conditions, and other essential senior healthcare needs.
- ❖ **Shingles:** According to the National Institutes of Health, one out of three people over 60 will get shingles, and 50 percent of all Americans will experience it before they're 80. According to *Everyday Health*, shingles usually affects only one side of your body, starting out with severe pain or tingling and then developing into an itchy rash and possibly blisters. Seniors should talk to their PCP about the vaccine. Seniors experience many health challenges and chronic conditions, but with proper supports from family, friends, and caregivers as well as treatment from medical providers, they are able to live healthy, happy and productive lives.

Sources:

<https://www.everydayhealth.com/news/most-common-health-concerns-seniors/>

<https://www.apa.org/>

<https://www.nia.nih.gov/>

<https://www.cdc.gov/nchs/data/databriefs/db168.htm>

MEDICATION CORNER

By Linda Klund, RN, BSN

We live in a very fast changing and wonderful world where science and medicine are making history every day. Think about it. Do you remember when *Star Trek* was thought to be the futuristic world? How about those communicators? Robots doing surgery and nursing skills? Scanners that did not need to be hooked up to wires?



Doctors across the world are consulting, assisting with procedures, and reading labs and scans through the use of computers and cell phone technology. No longer does a patient have to stay in the hospital or near the hospital to have a 24-hour EEG or a 24-hour heart monitor done. Heart patients can be in contact with the doctor through the computer and with the assistance of a caregiver have a full check-up including EKG.

Robotics are not only being used for surgery, but also have been brought into the caregiving of patients. They are also used for the doctor to check in on patients when they cannot get to the hospital. Schools have begun using robots for the hospitalized child who is unable to attend school for long periods so they can continue learning with their classmates. This has been shown to have such a positive effect that there is consideration using these robots for the elderly that are homebound.

That *Fit Bit* or computerized watch you got for Christmas could be a lifesaver as well. Studies have been and are still on going as to how the heartbeat/rate changes if you develop diabetes. Scientist say that these tools can tell us that. In addition, the FDA has now approved the manufacturing of a small scanner that goes under the skin that reads and transmits the amount of sugar in the blood to that watch. It then can be transmitted or downloaded to a phone or computer. **NO MORE FINGER STICKS!**

Lastly, did you know that in the future medications you are prescribed will be designed just for you. Just as our chemotherapy is now being designed to target that particular cancer cell, our future medications will be designed for your DNA and you disease process.

I wonder what our great grandparents would say if they could see all of the medical treatments today.



SLOW FADE...

By Andrew Dickmeyer BA, QP, BHRS

Sometime in the early months of 1942 my grandpa decided to use his older brother's birth certificate and join the U.S. Navy. He made it past boot camp and was found out when he was assigned to a ship. He was 16 years old trying to pass himself off as an 18 year old. Upon returning home just shy of his 17th birthday his mother signed the paperwork that lead him back to a ship destined for the pacific. Grandpa served proudly in the Navy during World War II as an aircraft mechanic. He would tell me stories of his ship being torpedoed and patching it up with two by fours and mattresses. He would tell me about the airplanes with beer cans riveted on the wings to patch bullet holes, or how they would steal (procure) the captain's silk shirts to make gaskets for the aircraft out of them. Grandpa served for 20 years before retiring to a second career with a city in Washington State.

When I was old enough, he taught me the craft of wood work and carving. I watched as he would make toy cars, little wooden garages with doors that opened, and small little figures. As I grew older, I was in awe of his woodshop. Every little tool and gizmo needed to craft anything your imagination could come up with was there. As I grew a little older, I joined the service myself, traveled, saw the world, and settled into family life. Trips to see grandpa got less frequent as the years went by. We spoke on the phone and sent letters (the kind with the stamp), even enjoyed a Christmas trip here and there.

Then we got a call from Grandma. She said that Grandpa was healthy, but had some memory problems. We found out that the memory problems have being going on for a few years, but they did not want to bother anyone with it. Upon arriving I found Grandpa to be in good spirits. To me he seemed a little distracted during conversations and would ask the same questions repeatedly. He would grin at me and say "I'm just getting old". Grandpa headed out to his woodshop to mess around. This was his escape and sanctuary. After a little while I went out to see him and found him standing in front of a wheel barrel. It was in several pieces on the floor and grandpa was lost. He told me he was having trouble fixing the tire. Looking around his shop I noticed things that were not quite right. Things were not in their spots (Grandpa had a spot for everything). Various machines were taken apart, and a general chaos was across the work bench.

Before leaving, my father and I had to pack up Grandpa's shop and remove all the power tools. We even went so far as to cut the power to all the outlets in the garage just in case we missed a tool. Grandma informed us that she would follow him around his shop in a nervous wreck trying to talk him out of using a dangerous power tool. It upset me to have to dismantle the shop and take away something that a man spent a lifetime putting together.

I also understood that he was going to get hurt if something was not done. It surprised me that Grandpa was not upset by it. He told us he was sorry about the memory problems he was having and that he knew he didn't need to be in the shop.

I was sad for me because I realized that Grandpa was still here, but a part of him was gone. However, I was thankful for the part of him that was still with us. The loving, storytelling, joking Grandpa was still there. It's a slow fade that I have noticed taking him slowly. I am thankful that he is happy. He still has his wife of 70 years by his side. They have both moved into an assisted living facility and are able to be together and enjoy sitting on the patio and taking as many naps as they want during the day. Grandpa is 90 years old and is fully aware that he has "memory problems". That is the name that he has given his Alzheimer's, and in one of his fleeting moments of clarity he let the whole family know that he loves us all, and at the end of the day he is content and happy.



This is my personal experience with Alzheimer's, and I thought it was important to share because older adults are the fastest growing segment of the state of North Carolina. The population of older adults will double over the next decade to swell beyond 2 million people. It is estimated that 1 in 8 people over the age of 65 will be diagnosed with Alzheimer's. Let's support those who are diagnosed and those who care for them.

BAGEL & LOX RIGATONI SALAD

With smoked salmon and a warm caper dressing, this veggie-packed pasta salad is a playful riff on a brunch classic.



INGREDIENTS

- ▲ 8 ounces dried rigatoni pasta (3 cups)
- ▲ 8 ounces fresh green beans, trimmed and halved crosswise
- ▲ 1 bagel, cut into 1-inch pieces
- ▲ ¾ cup plus 1 tablespoon olive oil
- ▲ ½ cup white balsamic vinegar
- ▲ 1 teaspoon Dijon-style mustard
- ▲ ¼ teaspoon salt
- ▲ 1 large red onion, finely chopped (1 cup)
- ▲ ¼ cup drained capers
- ▲ 2 cups chopped romaine lettuce
- ▲ 8 ounces bite-size fresh mozzarella balls
- ▲ 6 - 8 ounces thinly sliced smoked salmon (lox-style), coarsely chopped

PREPARATION:

1. Preheat oven to 400° F. Cook pasta according to package directions, adding green beans in the last 5 minutes of cooking. Drain pasta mixture; rinse with cold water. Drain and set aside. Meanwhile, toss bagel pieces with 1 tablespoon oil in a 15x10x1-inch baking pan. Bake for 8 to 10 minutes or until golden brown, stirring once. Remove and cool in pan on a wire rack.
2. For vinaigrette, in a medium saucepan whisk together vinegar, mustard, and salt until combined. Slowly whisk in ¾ cup olive oil. Heat over medium-low heat just until warm, whisking constantly. Remove from heat. Stir in red onion and capers.
3. Place pasta mixture, romaine, mozzarella balls, smoked salmon, and bagel croutons in a very large bowl. Drizzle vinaigrette over mixture in bowl; toss to combine. Sprinkle with cracked black pepper.
4. Serve immediately.

COMMUNITY HAPPENINGS

MARCH

National Holidays

- ✦ Mar 30 - Good Friday

Observances

- ✦ National Social Work Month

Community Events

- ✦ **Mar 1 - Craven 1st Responders & Professionals - Virtual Dementia Tour** 9:30am-11:30am; Location: Havelock Senior Center - For more information and to schedule call 252-683-3185 ext.3001
- ✦ **Mar 1 - FREE Caregivers Workshop** 1:00pm-4:00pm Location: Havelock Senior Center - For more information call 252-638-3185 ext. 3011
- ✦ **Mar 28 - Senior Health Fair** - 8:30am-11:30am Location: Greenville Aquatics and Fitness Center

Powerful Tools Caregivers

Six-Week Curriculum FREE Class for Caregivers
Mondays 2:00pm-3:30pm
Location: Havelock Senior Center
For more information and to register by March 8
Call 252-638-3185 ext.3011

THE MANY FACES OF DEMENTIA

(Support Group Hosted by Courtyards at Berne Village)
12:30pm - 1:30pm at Courtyards at Berne Village
2701 Amhurst Blvd New Bern

Monthly on the Third Thursday

RSVP to 252-633-1779 or

aschneider@courtyardsbernevillage.com

APRIL

National Holidays

- ✦ Apr 1 - April Fool's Day
- ✦ Apr 1 - Easter

Observances

- ✦ Alcohol Awareness Month
- ✦ Autism Awareness Month



"SENIOR CENTER WITHOUT WALLS"

Is an award-winning program of [Episcopal Senior Communities](#) offering activities, education, friendly conversation, and an assortment of classes, support groups, and presentations to seniors. Each week, seniors can access over 70 groups by phone or online, all from the comfort of home.