

January/February

2017

Happy New Year 2017

Your GAST Team Members

Kimberly Williams
Director
Kimberly.Williams@TrilliumNC.org

Ruth Frederick
GAST Coordinator
Ruth.Frederick@TrilliumNC.org

Frankie Glance
Administrative Assistant
Frankie.Glance@TrilliumNC.org

Linda Klund
GAST Coordinator
Linda.Klund@TrilliumNC.org

Linda Windley
GAST Coordinator
Linda.Windley@TrilliumNC.org



by Linda Windley,
MS, QP, LRT/CTRS

Dear Geri,

Tax season is here and I went by my accountant today and the cost has doubled to get my returns filed. On a fixed income Geri I just cannot pay the cost this year. Do you have any suggestions?

Thank you,
Taxed-Out



by: Kimberly Williams, MSW,
LCSW

Welcome 2017!! 2016 was a great year for the Geriatric Team and we are looking forward to a great 2017. We are planning a great Annual Conference in April; working with several agencies conducting Healthy IDEAS;

and putting together a schedule for the Chronic Disease Self-Management Program (CDSMP) to train CDSMP leaders for the community. We will continue to offer professional trainings for LTC facilities and community agencies to meet their needs serving older adults.

This year one of the goals of the Geriatric team is to celebrate aging with a positive aging attitude and embracing the journey of age. So often when we think about aging we think arthritis pain, slower, more forgetful, gray hair and wrinkles, can't do the things we used to be able to do, don't see as well; and the list could go on. BUT, let's stop a minute and focus on those things that age brings with it that is so delightful, and there are many.

First, if you take care of your body it will still age, but you can still enjoy the things you have always enjoyed, maybe just modified. It's not all over just because you turn 90.

Second, you develop what I call "And your point is..." attitude. You really start to see what is important in life and don't sweat the little stuff as much. The need to make people happy may not be quite as great and you may begin to really do what YOU want in life and you really don't care as much what people say or think. "Yeah, I'm going to eat the maple bacon Duck donut.. AND YOUR POINT IS?"

Third, it is a great opportunity to really discover who you are. It takes work, a lot of work, but it is worth finding out who you are and to think all along you thought you were only that person who was a great accountant, but now you may be discovering you love being a grandmother, or you really love working with animals and want to work as an animal therapist. I'm reminded of the Bono song, "I still haven't found what I'm looking for", now is the time - children are grown, house is paid for, there is no time like the present. Create that legacy. Fourth, there is great wisdom in life experiences. Now is the time to reflect, embrace that wisdom, and pass it on.

Dear Taxed-Out,

It seems that services are getting more expensive, but there are alternatives to help you with your taxes.

One avenue that I utilize is the AARP Tax Aide Service at the local senior center. This service is free of charge and is provided by professional skilled men and woman. They assist seniors during the months of February through April 15th with filing taxes.

Another choice for filing your taxes is the website www.irs.gov. There is a selection on site called IRS Free File. A person's adjusted gross income has to be \$64,000.00 or less.

Lastly, if a person is a member of their local State Employee's Union Bank, they are usually entitled to getting there taxes filed free if they fall within the income limits. If one's income is higher than the limit there is a cost.

I hope you are able to use one of these suggestions. Let me know how this turns out for you. I know it can be "taxing."

Sincerely,
Geri

[Join Our Mailing List](#)

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



Find Community Resources Quickly

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.

I know that I have only hit a few of the positive aspects of aging. What about you? I'd love to hear from you and what you think are the positive aspects of Power Aging. Nothing negative...only POSITIVE.

Email me your nuggets of aging truths to kimberly.williams@trillium.nc.org and go embrace 2017 with Hope, Love, and Make a Difference.

Valentine's Day is for Everyone

by: *Frankie Glance*,
Administrative Assistant



Valentine's Day isn't just for young couples - everybody can celebrate! It's a day to show love and affection to people you care about. It's also an opportunity to spend time doing fun activities with your older adult.

1. **Have fun decorating together** - Putting up decorations makes a holiday festive and more special. Why not make decorations together? You get the double benefit of saving money and doing something fun together.

Simple project ideas for inspiration:

- Hearts everywhere! - Cut hearts out of colored paper and stick them up on the walls or cabinets.
- Stained glass window - Cut hearts out of colored tissue paper and stick them up on a light-filled window. Overlapping them makes beautiful patterns too.
- Festive garland - Cut pink and red colored paper into equal-sized strips. Make interlocking rings by pasting or stapling the ends together.

2. **Make homemade treats to share** - Valentine's Day and sweet treats go hand in hand. Have fun and celebrate by making Valentine's cookies or easy desserts together. You can even make extras for family and friends!

3. **Watch a romantic comedy or romantic movie together** - After you've decorated and created some sweet treats, relax with a fun or romantic movie.

Valentine's Day is a time for all kinds of love, not just for lovers. Spend time with those you care about and have a good time! - *Daily Caring*

Ditch New Year's Resolutions

by *Ruthie Fredrick, BSW, QP*



Ahhh... New Year's Resolutions. They're a great opportunity to really set ourselves up for some magnificent failures and disappointments. Well, there comes a time when you just have to acknowledge that your New Year's Resolutions were unreasonable and unrealistic, and that time is a fortnight into the New Year! According to "Days of the Year" Ditch New Year's Resolutions Day sets you free from your first mistakes of the New Year!



January

- Jan 1st -New Year's Day
- Jan 16th - Martin Luther King's Birthday
- Jan 22nd - Celebration of Life Day

Jan 11th - Conference "Branching Out... Growing Your Knowledge of Successful Aging"

For more information and to register click the link below.

[Conference Brochure](#)



February

- Feb 14th - Valentine's Day
- Feb 20th - President's Day
- Feb 14th-21st - NCCDP
- Alzheimer's & Dementia
- Staff Education Week



The Grands Group (Grandparents Raising Grandchildren Support Meetings)

12-1 p.m.
Pitt County Council on Aging
4551 County Home Rd. in
Greenville

2017 Meeting Schedule:

- January 5
- February 2
- March 2
- April 6
- May 4
- June 1
- July 6
- August 3
- September 7
- October 5
- November 2
- December 7

History of Ditch New Year's Resolutions Day

The History of Ditch New Year's Resolutions Day is as old as New Year's Resolutions. In the inebriated, hopeful light of the dawn of the New Year, we all believe that the next year is going to be different, that we won't go back to our old habits, and we won't let things continue as they are. What a terrible shame that, year after year, New Year's Resolutions are shown to be about as effective as a hole-ridden umbrella is at keeping the rain out.

So don't keep yourself tied to them any longer, realize that you've got to make real strides, all year long to make any kind of change happen and start looking at real lifestyle changes. Little bits at a time you can make whole life resolutions, and leave the bitter disappointment of not going down a few sizes in the dirt of changing a lifetime of bad habits.

How to Celebrate Ditch New Year's Resolutions Day

Well, this part is pretty obvious, don't you think? Ditch those New Year's Resolutions like a bad habit. They're not really going to see you through the year anyway! Instead, as mentioned above, the best way to celebrate is by reevaluating your life as a whole, and start finding real and meaningful reasons to change, not just because it's a New Year and that magically inspires you with Will and determination you didn't have the year before.

It's also important to realize that some of your New Year's Resolutions are just silly, limiting, or depressing. Some people swear to things like never falling in love again, and who needs that in their life? Get out there and start living your life and being satisfied with who you are, and if you aren't genuinely satisfied, change it for that reason, and not because a new calendar has flipped over!



Medication Corner

by: Linda Klund, RN, BSN



Medications are not always the answer for behavioral issues with the person who has dementia. The use of non-pharmacological interventions for the resident with dementia can be a challenging task. All caregivers are on the hunt for new ideas. In Nursing 2016, Volume 46, Number 6 an article by Traci Sicurella, MSN, RN, CLNC and Virginia Fitzsimmons, EdD, RN, FAAN addressed a very novel idea. Their article addressed Robotic pet therapy in long-term care.

Most long-term caregivers are very familiar with pet therapy. It helps calm and facilitate socialization especially with the person who has dementia. Unfortunately, there are draw backs to this therapy. Cost is one as not all programs can bill Medicaid, Medicare and other insurances. Also, pet therapy is not available in all areas. Then there is the health issue of allergies to pet dander. So many facilities have policies that prohibit pet and pet therapy in their facilities.

But there is now an alternative thanks to the increase in micro robotic technology. There are now robotic pets that act and react as real animals would. Some make noises, and some actually have facial expressions and eye movement. The most expensive react to the person's voice and actions.

Maple-Walnut Apple Cobbler



This easy skillet cobbler is bursting with harvest flavor and can be served over vanilla ice cream if desired.

Ingredients:

- 1 cup all-purpose flour
- 1 teaspoon baking powder
- 1/4 teaspoon salt
- 1/4 cup cold butter, cut into small pieces
- 2/3 cup walnuts, toasted and chopped
- 1/4 cup milk
- 3 tablespoons pure maple syrup
- 2 tablespoons butter
- 1/2 cup packed brown sugar
- 5 Braeburn apples (2 1/4 to 2 1/2 pounds total), peeled, cored, and cut into 3/4-inch pieces (5 cups)
- 1 tablespoon all-purpose flour
- 1 teaspoon ground cinnamon
- Vanilla ice cream (Optional)

Directions:

1. Preheat oven to 375 degrees . In a medium bowl, combine 1 cup flour, the baking powder, and salt. Add 1/4 cup butter and toss to coat. Using a pastry blender or your fingertips, cut or rub the butter into the dry ingredients until mixture resembles coarse crumbs. Stir in 1/3 cup of the walnuts. Add milk and maple syrup. With a fork, mix together until a dough forms. Add a little more milk to moisten, if necessary.

2. In a 9- or 10-inch cast-iron or other heavy oven-going skillet, heat 2 tablespoons butter and the brown sugar over medium-high heat. Cook and stir until butter is melted and sugar begins to melt. Add apples to skillet. Sprinkle with 1 tablespoon flour and the cinnamon.

3. Cook and stir until apples are coated. Remove from heat. Stir in remaining 1/3 cup walnuts. Drop dough mixture in six mounds atop the apple mixture. Bake for 30 to 35 minutes or until apples are tender and topper is browned.

ENJOY!

Now some of you may think these are toys (which for children they are) but to a resident with dementia these pets may actually become a real part of their lives. I can't help but to think about the movie "Mars Attacks" where the grandmother has her stuffed cat Fluffy. She strokes it and carries on conversation with it like it is alive. It keeps her happy and grounded and accepts her no matter what. Just like a real pet would do.

So if your resident has always been an animal person a robotic pet may be just the thing they need to help them work through their anxiety and fears. It may also give them purpose in their life again.



Let Us Be Your Friend!

Institute on Aging's 24-hour toll-free Friendship Line is the only accredited crisis line in the country for people aged 60 years and older, and adults living with disabilities. We also make on-going outreach calls to lonely older adults.

[Toll Free-800-971-0016](tel:800-971-0016)

Our trained volunteers specialize in offering a caring ear and having a friendly conversation with depressed older adults.

The Friendship Line is both a crisis intervention hotline and a warm line for non-urgent calls. Founded in 1973 by Dr. Patrick Arbore, Director of IOA's Center for Elderly Suicide Prevention, and accredited by the American Association of Suicidology, Friendship Line provides round-the-clock crisis support services including:

- Active suicide intervention
- Providing emotional support
- Elder abuse prevention and counselling
- Giving well-being checks
- Grief support through assistance and reassurance
- Information and referrals for isolated older adults, and adults living with disabilities

In addition to receiving incoming calls, Friendship Line also offers outreach. We connect with people on a regular basis, and help monitor their physical and mental health concerns. The call-out services act as an intervention to prevent suicide in the long term by improving the quality of life and connectedness of isolated older adults. Any aging adult or living with disabilities whom suffers from depression, loneliness, isolation, anxiousness, or may be thinking about death or suicide can benefit from completely confidential phone calls with Friendship Line volunteers. Sometimes the road to happiness begins by simply saying hello to someone who legitimately cares.

~~~~~

## Thought of the Day

"Any given moment contains unlimited futures that can become real. The reality that occurs is the one you pay attention to."  
- Penney Peirce

## CONNECT WITH US . . .

On our web site [www.TrilliumHealthResources.org](http://www.TrilliumHealthResources.org) and on our Facebook pages!

[Trillium Health Resources](#)



[Trillium Direct Connect for ENRICHMENT \(I/DD\)](#)



[Trillium Direct Connect for RECOVERY \(MH-SU\)](#)



[Twitter](#)

