

Caring Together

The Senior Resource Center

*One Number to Call
for Older Adults
and Their Families*

- Information about programs, services, and benefits
- Help accessing programs, services and benefits
- Support through the changes in your life
- In-home assistance with personal and household chores
- Delivered meals
- Transportation within Champaign County
- Special help for Grandparents Raising Grandchildren
- Special programs for those caring for an older parent or spouse

Most services provided at no cost to you.

352-5100

Be in the Know:

Winter is on the Way ❄️ ❄️ ❄️ ❄️

Winter is on the way, even though most of us don't want to accept it. It is a good idea for everyone to be prepared, especially those of us who are a little older.

The following will give you some ideas of how to prepare for frigid cold days and the possibility of heavy snow fall. With some simple planning you can feel more confident about your safety during a winter storm.

❄️ There is always the possibility of the electricity failing, especially in ice storms and heavy snowfall. You can be prepared with a flashlight and a battery-powered radio, but make sure that the batteries are new and working!

❄️ The temperature in the house can drop quickly so it's a good idea to have extra blankets and cold-weather clothing for each person in the family.

❄️ If you are dependant on medical equipment due to physical

conditions, you should consider having a backup power source. You can contact your medical supply company about another source of power, such as a battery pack or generator.

❄️ Snowstorms can make it very difficult or even impossible to leave your house. For this reason it's important to have at least a 4 day supply of your medications and check with your pharmacy to see if they make home deliveries.

❄️ Make sure you have enough food that doesn't require refrigeration or heating, such as canned meats and fruits, crackers, energy bars, etc.

❄️ If possible have a family member, friend, or neighbor be ready to check in with you. It's important to have contact with someone who can help you if needed.

Hopefully the winter won't be too bad, but it's always a good idea to be prepared so that you can enjoy the beauty and peace the season also has to offer.



October is National Depression Education & Awareness Month

Everyone feels blue, sad, or listless from time to time. But when these feelings persist over several weeks or longer or when they interfere with our daily routines or responsibilities, we may be experiencing depression.

Depression is a major, if not the most common, cause of disability in the world.

We have nearly twice the chance of experiencing depression as we get older. That's not surprising, really, with all the changes older adults experience. Loss of roles and responsibilities can leave too much free time and a loss of "self." Children and grandchildren grow up, become involved in more activities that do not include us or they move away. Spouses and friends die or become ill. Our own physical condition can become an issue if chronic health conditions occur. Concern about the future can nag at our minds.

Researchers are also finding that insomnia can cause depression.

Whatever it's cause, depression can drain us physically and mentally.

What can we do to fight depression? First, we need to recognize that most people experience these feelings at some time in their life. For that normal experience of feeling "down" there are several things that we can do.

- ◆ Do something nice for yourself
- ◆ Volunteer or do something nice for someone else to refocus your thoughts
- ◆ Get fresh air and activity
- ◆ Talk with a friend or pastor about how you are feeling
- ◆ Keep a diary about how you are feeling
- ◆ Count your blessings or write down some positive things in your life and tape them to the mirror.
- ◆ Pray or meditate

But if the feelings persist, it may be time to see a doctor. Some medications can affect our mood. Or, the doctor may have other ideas about the causes of our depression or what we can do to best change how we are feeling.

If you have any thoughts about hurting yourself, please see your doctor right away. Your health—physical and mental—is very important.

In our society, we are used to thinking of things like depression as personal weaknesses rather than the normal response to some situations or as the result of things happening to us—like depression. It is important that we take charge of this aspect of our health and take active steps to make ourselves feel better. Remember, depression is not something you just have to live with.

A new law goes into effect in January that makes it possible for people to leave their home to someone without the transfer needing to go through probate. This could be a great tool for many people. Please check with your attorney for more information on how this may affect your will or your future planning.

New Illinois Power of Attorney Forms as of July 1

As of July 1, 2011, there are new forms in Illinois to use to appoint someone as Power of Attorney for Health Care or for Power of Attorney for Property.

Any forms properly filled out before July 1 are still valid, but any new or revised Power of Attorney forms filled out and signed must be on the new forms.

Every adult should consider having a Power of Attorney for Health Care. It lets you take an active role in your health care even if you have an accident, illness, or other medical situation that makes you unable to communicate verbally with your health care providers. So, it's not just for the very ill. Anyone can be in a car wreck, have a high fever, etc.

A few notes about Powers of Attorney for Health Care:

- ♦ They are only valid when you are unable to speak for yourself.
- ♦ They cover only those things you choose to let it cover. Other items in the form can be crossed out or not chosen by you. There are places in the form where you can write out your wishes about some things.
- ♦ By appointing a Power of Attorney for Health Care on the new form, all HIPPA releases of information that you may have are revoked. If you then want someone in addition to the agent in your Power of Attorney to have access to your medical records or have the right to talk with your medical providers you will have to sign new releases.

- ♦ They do not require an attorney to prepare, but if there is anything about the form you do not understand, you should ask an attorney to explain it to you.
- ♦ They do not require a Notary but does require a witness.
- ♦ You can appoint someone other than your Power of Attorney for Health Care Agent to make decisions for the disposal of your remains, if you chose to do so.
- ♦ You can revoke your Power of Attorney for Health Care in writing at any time you feel the need to do so.

There are a lot of things to think about when you decide to do a Power of Attorney.

- ♦ Make sure to appoint someone (your Agent) that you trust completely.
- ♦ Make sure the Agent you want to appoint is able and willing to be your Agent.
- ♦ Powers of Attorney for Property are, in most cases, more complicated than Powers of Attorney for Health Care and should probably be developed with an attorney.
- ♦ You should certainly make your health care and financial providers and institutions aware of any Powers of Attorney that you authorize.

Access the new Illinois forms at:
<http://gac.state.il.us/forms.html>

Family Service Celebrates a Century of Care (1911-2011)

The 1980's were an era of expansion and change locally and globally

Family Service grows exponentially

1971 Before the addition of many senior services in 1972, Family Service offers four programs with a staff of seven and an annual budget of \$96,000

1986 Family Service serves 10,000 people a year with 15 services, a staff of 85 full and part-time employees and an annual budget of \$890,000

Family Service responds to local effects of worldwide double-digit inflation

Marion Ascoli, Executive Director 1980-86, raises a clarion call for the community

to plan for the less fortunate and opens an emergency food pantry at Family Service that runs for many years. The pantry requires so much space that the board of directors seeks a larger building.

Family Service recognizes Diamond Jubilee with a permanent location in 1986

A very diligent board of directors and a 75th Anniversary Task Force spend a year preparing for the agency's diamond jubilee. They research and write the agency history, organize a major fundraising campaign to support services, and host

several celebratory events. The final event is an open house at our new building. After 75 years of renting, it was the culminating triumph of this board to find a permanent place to bring staff and programs from all three Family Service locations under one roof. There was even plenty of room in the 10,000 sq. ft. building for our food pantry and no stairs to climb with all those groceries!

Note: Proof of their wise planning is that we're still at 405 S. State St., Champaign-and with maintenance and a few updates it's continuing to meet our needs 25 years later!

HomeCare

352-5100

If you need a little help in your home with personal care, meal preparation, shopping, errands, housework, companionship when family is not available, or other non-medical tasks we may be able to help. Our staff are pre-screened, trained, & have background checks. *Free assessment & in-home consultation. Fee for service; subsidized rates for those with limited assets who are approved for the State of Illinois program.*

A service of the Senior Resource Center
at Family Service

*One number to call for older adults
and their families.*

A Newsletter from the staff at

 **Family Service**
Senior Resource Center

405 S. State Street
Champaign, IL 61820

Phone: 217-352-5100

Fax: 217-352-1910

E-mail: src@familyservicecc.org

Check out our web site

www.famservcc.org