

RESPIRE

SUMMER 2009



quarterly

Lifespan Respite Care in Marion, Polk, Yamhill and Tillamook Counties

Weekend Retreat for Family Caregivers

A Gift of Time is a volunteer organization in its sixth year, offering a state-wide respite weekend for unpaid family caregivers and grandparents or other relatives who are parenting again.

Are you overwhelmed with the responsibility and stress of caregiving? Perhaps you know family or friends who are taking care of an ill or disabled loved one or raising a grandchild, nephew or niece. If so, *A Gift of Time* is a weekend retreat designed for you and/or your love one in mind!

The retreat will be held the weekend of August 28-30, 2009, at the Macleay Christian Retreat Center, 2887 74th Ave SE, Salem, Oregon 97317.

Attendees will be treated to delicious meals and snacks, various entertainment, relaxing massages, fun arts and crafts, warm campfires and joyful singing. In addition, there will be informative sessions

with top quality speakers to help attendees recognize and cope with the emotional, physical, financial, and legal aspects of caring for those who cannot care for themselves.

Seminars and a resource fair will be held on Saturday, August 29th.

Humor and Motivational Speaker, Author and Stress Management Consultant, Leigh Anne Jasheway-Bryant will be the keynote speaker at the retreat. Other guest speakers include Katy Troutman, Family Therapist and Vicky Schmall, PhD, Gerontology and Training Specialist and Co-Author of *The Caregiver Helpbook*, implemented in the *Powerful Tools for Caregivers* course. The Two Sisters Trio is scheduled to perform.

One caregiver, who has attended since the first year stated: *"The result of implementation over the years has been dramatic for both the caregiver and recipient—a change of attitude for me, my controlling husband became a cooperative husband, family members give me weekly respite. Most of the stress has dissipated."*

-Sue G., Family caregiver for seven years

The cost for the entire weekend is

\$65. The cost includes two nights of lodging, five meals, entertainment, activities and seminars. Scholarships are available for individuals in need of financial help through Family Caregiver Support Programs at local Area for Aging Agencies. Lifespan Respite Care Coordinators in all 36 counties across the state of Oregon can assist family caregivers with finding someone to help care for their loved one while they attend the retreat.

The respite weekend starts promptly at 4:00 p.m. on Friday, August 28th, and concludes at 11:00 a.m. on Sunday August 30th. Caregivers are encouraged to attend the full weekend, though it is possible for caregivers to attend sessions only on Saturday.

Attending the entire weekend gives participants the opportunity to relax, participate in various activities and gather with other caregivers in similar situations and share stories.

For more information, or to register call Janice Wolcott, *A Gift of Time* Coordinator, at 503-831-5593 or 503-559-4001 or e-mail at jwolcnpn@earthlink.net.



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About Catholic Community Services

Catholic Community Services has been serving vulnerable children, adults and families since 1938. Today CCS employs 250 members of our community and offers more than 20 programs to help create "A Forever Home for Everyone" with a focus on Home, Family and Ready-for-Life services.

For many years, CCS has demonstrated a commitment to deliver quality, effective services by achieving National Accreditation for Children and Family Services, Behavioral Health Services and Group Living Services by the Council on Accreditation, the nation's largest and most respected social services accrediting body.

For more information, please visit our website, www.ccsnw.org, or call 503-393-2843.

Health Topic of the Quarter: Bites vs. Stings



Warm weather makes it easier to spend more time outdoors, but it also brings out the bugs. Ticks are usually harmless. But a tick bite can lead to Lyme disease, which is caused by the bacterium *Borrelia burgdorferi*. The bacteria are transmitted to people by the black-legged deer tick, which is about the size of a pinhead and usually lives on deer. Infected ticks can also cause other diseases, such as Rocky Mountain spotted fever. Another insect-borne illness, West Nile virus, is transmitted by infected mosquitoes and usually produces mild symptoms in healthy people. But the illness can be serious for older people and those with compromised immune systems. Most reactions to bees and other stinging insects are mild, but severe allergic reactions can be deadly. An allergic reaction can occur even if a person has been stung before with no complications. Here are tips for preventing and treating bites and stings:

What can I do to keep insects away?

- Use structural barriers such as window screens and netting.
- Don't wear heavily scented soaps and perfumes.
- Don't wear bright colors, which attract bees.
- Wear long sleeves and long pants when possible.
- Tuck pant legs into socks or shoes.
- Get rid of containers with standing water that give mosquitoes a breeding ground. Examples include water in flowerpots and outdoor pet dishes.
- Treat camping gear, clothes, and shoes with permethrin, which repels and kills ticks, mosquitoes, and other insects. Clothing that is pre-treated with permethrin is also commercially available.
- Avoid wooded, brushy, and grassy areas when possible.
- Use caution eating outside and drinking; don't leave drinks and garbage cans uncovered.
- Wear a hat for extra protection.
- Use insect repellent if non-chemical methods are ineffective and you spend time in tall grass and woody areas.

What's the best way to remove a bee stinger?

It's best to scrape a stinger away in a side-to-side motion with a straight-edged object like a credit card. Don't use tweezers because it may push more venom into the skin. After removing a stinger, wash the area with soap and water. You can apply ice or another cold compress to help reduce swelling.

When is medical attention needed?

Most bites and stings are minor and can be treated at home. But you should seek medical attention if you experience the following symptoms:

Signs of allergic reaction: Some people can experience anaphylaxis, a severe, life-threatening allergic reaction. This is a medical emergency that warrants calling 9-1-1 immediately. Signs of an allergic reaction, which may occur within seconds to minutes, include sneezing, wheezing, hives, nausea, vomiting, diarrhea, sudden anxiety, dizziness, difficulty breathing, chest tightness, and itching or swelling of the eyes, lips, or other areas of the face. If you or your child has ever had an allergic reaction to a sting or bite, you should be evaluated by an allergist. In some cases, you may be advised to wear a medical identification tag that states the allergy, and to carry epinephrine, a medication used to treat serious or life-threatening allergic reactions. Sometimes allergy shots may also be recommended.

Symptoms of Lyme disease: Lyme disease, which is transmitted through the bite of an infected tick, can cause fever, headaches, fatigue, and a skin rash that looks like a circular red patch, or "bull's-eye." Left untreated, infection can spread to the joints, heart, and nervous system. It is rarely, if ever, fatal. Patients who are treated with antibiotics in the early stages of the infection usually recover rapidly and completely. Antibiotics commonly used for oral treatment include doxycycline, amoxicillin, or cefuroxime axetil (Ceftin). People with certain illnesses related to the heart or the nervous system require intravenous treatment with drugs such as ceftriaxone or penicillin.

Symptoms of West Nile virus: West Nile virus, which is transmitted by infected mosquitoes, can produce flu-like symptoms including fever, headache, body aches, and skin rash. While most infected individuals have mild disease and recover spontaneously, infection can be serious or even fatal. There is no specific treatment for West Nile virus.

Symptoms of Rocky Mountain spotted fever: Initial symptoms may include fever, nausea, vomiting, severe headache, muscle pain, and lack of appetite. The characteristic red, spotted rash of Rocky Mountain spotted fever is usually not seen until the sixth day or later after symptoms begin. But as many as 10 percent to 15 percent of patients may never develop a rash. Rocky Mountain spotted fever is treated with antibiotics.

Signs of infection: It is normal for a bite or sting to result in redness of the affected area and minor swelling. But if a bite or sting becomes infected, a fever may develop or the redness or soreness may worsen. In cases of infection, an antibiotic is the typical treatment.

The Proper Way to Use Insect Repellent

It's okay to use insect repellent and sunscreen at the same time. The general recommendation is to apply sunscreen first, followed by repellent. There are also some combination products that contain both insect repellent and sunscreen. FDA regulates sunscreen as an over-the-counter (OTC) drug. The Environmental Protection Agency (EPA) regulates insect repellent products.

- Use insect repellent that contains active ingredients that have been registered with EPA. An EPA registration number on the product label means the product has been evaluated by EPA to ensure that it will not pose unreasonable harmful effects on people and the environment.
- Spray insect repellent on clothes or skin, but not on the face.
- Don't use insect repellent on babies. Repellent used on older children should contain no more than 10 percent DEET. Oil of eucalyptus products should not be used in children under 3 years.
- Don't use insect repellent that's meant for people on your pets.
- Use insect repellent according to the labeled instructions.
- Avoid applying it to children's hands, around the eyes, or to areas where there are cuts and irritated skin.
- Store insect repellent out of children's reach.
- Wash the repellent off with soap and water and contact a Poison Control Center (1-800-222-1222) if you (or your child) experience a reaction to insect repellent.
- After returning indoors, wash skin with soap and water to remove repellent.

Source: U.S. Food and Drug Administration

First Aid for Dislocation

A dislocation is an injury in which the ends of your bones are forced from their normal positions. The cause is usually trauma, such as a blow or fall, but dislocation can be caused by an underlying disease, such as rheumatoid arthritis.



Dislocations are common injuries in contact sports, such as football and hockey, and in sports that may involve falls, such as downhill skiing and volleyball. Dislocations may occur in major joints, such as your shoulder, hip, knee, elbow or ankle or in smaller joints, such as your finger, thumb or toe.

The injury will temporarily deform and immobilize your joint and may result in sudden and severe pain and swelling. A dislocation requires prompt medical attention to return your bones to their proper positions.

If you believe you have dislocated a joint:

1. **Don't delay medical care.** Get medical help immediately.
2. **Don't move the joint.** Until you receive help, splint the affected joint into its fixed position. Don't try to move a dislocated joint or force it back into place. This can damage the joint and its surrounding muscles, ligaments, nerves or blood vessels.
3. **Put ice on the injured joint.** This can help reduce swelling by controlling internal bleeding and the buildup of fluids in and around the injured joint.

Source: MayoClinic

Strategies for Successful Respite Care

Finding and implementing respite care sounds like a lot of work! Relief and revitalization is not just important for you, it benefits all involved in the caregiving process. Remember the benefits and following these six steps can ease the process:

- Plan and schedule frequent breaks. Respite is not just a service— it is an outcome that requires regular relief.
- Use a checklist to teach providers about your care recipients schedules, likes and dislikes. Offer suggestions for handling behaviors.
- Make back-up plans, Always keep a list of alternate providers and resources. Unplanned emergencies should not prevent you from you from taking care of yourself.
- Evaluate often. Observe your care recipient before and after respite sessions. Ask for brief updates and more detailed reports regularly.
- Expect changes. Respite care is a process that often requires fine-tuning time. Anticipating and accepting change in personnel or programs can keep you from being discouraged.
- Attend your support group regularly. Structured and informal groups allow you to meet others in situations much like yours. You can talk, vent, laugh and exchange tips with people who understand. If you can't easily leave home, online communities, message boards and forums can provide much-needed support.

Source: http://www.helpguide.org/elder/respite_care.htm

HEAT WAVE

Heat wave is a prolonged period of excessive heat and humidity. The National Weather Service steps up its procedures to alert the public during these periods of excessive heat and humidity.

If a Heat Wave Is Predicted or Happening...

- Slow down. Avoid strenuous activity. If you must do strenuous activity, do it during the coolest part of the day, which is usually in the morning between 4:00 a.m. and 7:00 a.m.
- Stay indoors as much as possible. If air conditioning is not available, stay on the lowest floor, out of the sunshine. Try to go to a public building with air conditioning each day for several hours. Remember, electric fans do not cool the air, but they do help sweat evaporate, which cools your body.
- Wear lightweight, light-colored clothing. Light colors will reflect away some of the sun's energy.
- Drink plenty of water regularly and often. Your body needs water to keep cool.
- Drink plenty of fluids even if you do not feel thirsty.
- Water is the safest liquid to drink during heat emergencies. Avoid drinks with alcohol or caffeine in them. They can make you feel good briefly, but make the heat's effects on your body worse. This is especially true about beer, which dehydrates the body.
- Eat small meals and eat more often. Avoid foods that are high in protein, which increase metabolic heat
- Avoid using salt tablets unless directed to do so by a physician.



Source: American Red Cross

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Got ideas? What topics would you like to see in the next issue of Respite Quarterly? To share your ideas contact Janele Walker at 1.888.393.0657 or e-mail her at marion-polk.lifespan@ccsww.org



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