



A Grandparents Newsletter

will be mailed separately



Upcoming Wellness Programs

Tools for Caregivers in GALLIA COUNTY

*Tuesdays from September 3rd - October 8th • 10:00 am - 12 Noon
Arbors, Gallipolis*

Tools for Caregivers in JACKSON COUNTY

*Tuesdays from September 3rd - October 8th • 1:00 pm - 3:00 pm
Edgewood Manor, Wellston*

Chronic Pain Self-Management in SCIOTO COUNTY

*Thursdays from September 5th - October 10th • 1:00 pm - 3:30 pm
Kings Daughters, Portsmouth*

Falls Management in ADAMS COUNTY

*Tuesdays and Thursdays from September 10th - October 3rd • 9:30 am - 11:30 am
Adams County Senior Center, West Union*

Powerful Tools for Caregivers of Children in VINTON COUNTY

*Thursdays from September 19th - October 24th • 10:00 am - 12 Noon
Sojourners, McArthur*

Community Wellness Leader Training in ROSS COUNTY

Training Starts September 24th

Chronic Disease Self-Management in JACKSON COUNTY

*Wednesdays from October 2nd - November 6th • 9:00 am - 11:30 am
Wellston Senior Citizens Center, Wellston*

Diabetes Self-Management in SCIOTO COUNTY

*Tuesdays from October 8th - November 12th • 10:00 am - 12:30 pm
SOMC Wheelersburg Family Health Center, Wheelersburg*

Classes are free, but pre-registration is required. Call 1-800-582-7277 to register or to learn more information.

Throughout the course of the person's hospital stay, pay attention to your own level of stress and fatigue. If you don't get enough help from family and friends, you may need to hire a professional aide. This can be done through the hospital. Answer True or False to the questions below.

- 1. The primary caregiver may know the person in care better than the doctor. As the caregiver, you will be able to interpret their way of communicating. T F*
- 2. Because of their dementia, a relatively minor illness or discomfort may make the person extremely upset. T F*
- 3. Loss of consciousness or a marked change in mental state is not a medical emergency T F*
- 4. A major cause of emergency room visits for frail or demented older adults is dehydration. T F*
- 5. In the early stage, a person with dementia may respond to the doctor with a "yes" when asked about pain, even though they do not understand the question, but is simply trying to be helpful. T F*
- 6. A person with dementia can fall and break a bone, and not complain of pain. T F*
- 7. The body's ability to detect thirst does not diminish with age. T F*
- 8. People with dementia may not be able to tell you in words that they are in pain, or even where the pain is. T F*
- 9. A fall that results in severe pain or inability to move and an accident that results in a blow to the head are medical emergencies. T F*
- 10. One in three seniors dies with Alzheimer's or other dementia and it kills more than breast cancer and prostate cancer combined. T F*

KEY: 1. T 2. T 3. F 4. T 5. T 6. T 7. F 8. T 9. T 10. T