



Generations

Area 13 Agency On Aging & Disability

A member of the  connect Alliance.

INSIDE THIS ISSUE

Active Daily Living – Generations' New Online Resource for Older Adults and Caregivers

Pain: You Can Get Help

Coping Emotionally with the Pandemic

KNOW YOUR RISK FOR HEART DISEASE AND STROKE



Genetic factors can contribute to the likelihood of someone having heart disease or a stroke. However, there are numerous controllable risk factors that can be modified to ensure a healthy lifestyle.

The leading modifiable risk factors for heart disease and stroke are:

- High blood pressure
- High cholesterol
- Cigarette smoking
- Unhealthy diet and physical inactivity
- Overweight and obesity
- Diabetes

Steps you can take to know your risk for heart disease and stroke include: Having a regular check up with your health care provider, scheduling a tri-vascular screening and completing a FREE online heart health risk assessment.

Visit gshvin.org/heart to take the FREE online Heart Health Assessment. The short assessment will display various questions asking for a person's health information to determine their heart disease risk and the age of their heart.

The person will immediately see their results after completion and will be provided with information on how to schedule an appointment with a provider to discuss results and where to find free Good Samaritan health screenings in the community.

Learn your risk for stroke with a \$69 tri-vascular screening. These screenings are offered on the second Thursday of each month from 7:30 to 11 a.m.

You can choose to do all three screenings, (stroke screening, abdominal aortic aneurysm screening, and peripheral artery disease screening), for only \$69. Or you can choose one or two options for \$23 each.

To make an appointment for the vascular screenings, or find out more information about both the screenings and the free online heart health assessment, please call the Good Samaritan Dayson Heart Center at 812-885-3243 or visit gshvin.org/heart.



Good Samaritan
Dayson Heart Center

520 S. Seventh St.
Vincennes, IN 47591
gshvin.org



Generations

Area 13 Agency On Aging & Disability

A member of the  connect Alliance.

Volume 65
Spring 2020

Generations, affiliated with Vincennes University, is a not-for-profit agency which serves older adults, individuals with disabilities of all ages and caregivers in the counties of Daviess, Dubois, Greene, Knox, Martin and Pike, without regard to race, national origin, sex, age, religion, disability, and/or sexual orientation by providing resources that foster personal independence while assuring individual dignity and an enhanced quality of life.

TABLE OF CONTENTS

GENERATIONS

- 2 Local Funding Recognition
- 3 Generations Offers New Online Resource for Older Adults and Caregivers – Active Daily Living
- 12 Generations Is Here for You
- 20 Generations' Advisory Council

CAREGIVER

- 16 Managing Time (Active Daily Living)

HEALTH AND WELLNESS

- 5 Life is Better with Clean Hands
- 8 Be Well Indiana
- 10 Coping Emotionally with the Pandemic (Active Daily Living)
- 11 Calories Per Serving or the Whole Package? (Active Daily Living)
- 12 Pain: You Can Get Help
- 15 Older Americans Month: Make Your Mark
- 17 Activity Keeps Aging Brains from Shrinking (Active Daily Living)
- 19 Finger Numbness: Could It Be Carpal Tunnel Syndrome

LEGAL, FRAUD AND SCAMS

- 7 National Elder Fraud Hotline
- 9 National "Slam the Scam" Day
- 21 COVID-19 Estate Planning Challenges

Generations Magazine is published by Vincennes University's Community Services/GENERATIONS.

Unauthorized reproduction in any manner is strictly prohibited.

Generations Magazine is published three times a year for older adults in Daviess, Dubois, Greene, Knox, Martin and Pike counties.

Please send all communications to: GENERATIONS, c/o Brenda Hancock, P.O. Box 314, Vincennes, IN 47591 or bhancock@vinu.edu.

To report a change of address or to be removed from our magazine mailing list, call 1-800-742-9002 or email generations@vinu.edu.

Printed by Ewing Printing • www.ewingprinting.com • Vincennes, IN

About the Cover: Spring time robin photo provided courtesy of Carie Blair.

THANK YOU!!

Generations would like to extend a heart-felt thank you to the numerous local organizations and businesses who have seen the increased needs of social service organizations and have made funds available to them. Over the past two months, there has been a tremendous increase in need throughout our service area that will not slow any time soon.

Generations has been on the receiving end of this generosity and would like to thank Dubois Community Foundation, Duke Energy, Harmony Society, Knox County Community Foundation, Pike County Community Foundation and United Way of Knox County for the donations and funding opportunities. These emergency funding dollars are being used to provide Meals on Wheels to individuals who have suddenly found themselves unable to leave their homes. Generations has also been able to send mailings out to clients to provide them with resources and information during this time.

It is important to note that additional organizations and businesses are making more funds available nearly every week. Generations list of funders includes only dollars recently received.



Generations Offers New Online Resource for Older Adults and Caregivers

The U.S. aging population continues to increase at a rapid rate. Most of these individuals would prefer to remain in their own homes for as long as possible but might face physical or environmental obstacles that threaten their independence.

Generations is excited to offer a new FREE online health resource called Active Daily Living which can be accessed through the Generations website at www.generationsnetwork.org.

Active Daily Living offers a variety of informational resources that support older adults and caregivers through interactive online tools and personalized content designed to maximize one's ability to age in place. Users can browse the site for information on different aging and caregiving topics and can sign up to receive free monthly e-mails tailored to their own interests/needs.

Features of Active Daily Living include:

- **Age-In-Place Guides** - FREE guides to keep one safe, independent and in their own home.
- **QuickCare Tips™** - Practical ideas that support functional skills for self-care and maintaining independence.
- **Healthcare Navigators™** - Practical advice for seniors and caregivers when interacting with health care providers.
- **CareGuide Library** - Learn how to handle hundreds of common caregiver situations and concerns.
- **Senior Health Newsletter** - Personalized, professionally created from topics chosen by YOU!
- **Family Caregiver Newsletter** - Free Monthly Articles on Aging-In-Place, Safety and Caregiving.

"We are so happy to be able to offer Active Daily Living as an additional resource to older adults and caregivers. Our mission at Generations is to offer older adults, individuals with disabilities and caregivers options for a better quality of life, and Active Daily Living falls in line perfectly with this mission," says Generations' Executive Director, Laura Holscher.

"Our mission at Generations is to offer older adults, individuals with disabilities and caregivers options for a better quality of life, and Active Daily Living falls in line perfectly with this mission"

Active Daily Living can be accessed now on the Generations' website at www.generationsnetwork.org. It is a free resource and is available to anyone who is interested.



***Articles throughout this issue have been taken from the Active Daily Living site that can be accessed through the Generations website, please visit www.generationsnetwork.org and click on the Active Daily Living link. There, you can sign up to access helpful information like the articles included in this issue. You can also sign up to receive a free monthly e-mail newsletter tailored to your needs with topics selected by you!**



**CLEAN
HANDS KEEP
YOU HEALTHY.**

Wash your hands with soap
and water for at least

20 SECONDS.

LIFE IS BETTER WITH

**CLEAN
HANDS**



www.cdc.gov/handwashing



This material was developed by CDC. The Life is Better with Clean Hands Campaign is made possible by a partnership between the CDC Foundation, GOJO Industries, and Staples. HHS/CDC does not endorse commercial products, services, or companies.

CS20059A

Life is Better with Clean Hands

Centers for Disease Control and Prevention (CDC)

CDC has launched Life is Better with Clean Hands, a national campaign encouraging adults to make clean hands a healthy habit at home and away.

Washing your hands is easy, and it's one of the most effective ways to prevent the spread of germs. Studies have shown that handwashing can prevent 1 in 3 diarrhea-related sicknesses and 1 in 5 respiratory infections, such as a cold or the flu.



Follow these five steps every time:

1. Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
2. Lather your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
3. Scrub your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
4. Rinse your hands well under clean, running water.
5. Dry your hands using a clean towel or air dry them.

If soap and water aren't available, you can use an alcohol-based hand sanitizer that contains at least 60% alcohol.

A colorful advertisement for Oak Village Healthcare. The central logo features a green leaf and the text "Oak Village HEALTHCARE". Surrounding the logo are several colored blocks with text: "COME AND TAKE A TOUR TO FIND THE AMAZING DIFFERENCE!!", "PHYSICAL THERAPY", "ACTIVITY PROGRAMS FOR ALL LEVELS OF CARE", "SHORT TERM REHABILITATION TO HOME", "WEBSITE", "OCCUPATIONAL THERAPY", "IV THERAPY", "24 HOUR SKILLED NURSING CARE", "LONG TERM CARE", "GREAT FOOD", "FIND US ON FACEBOOK TO SEE WHAT OUR RESIDENTS AND STAFF HAVE BEEN UP TO!", "200 West 4th Street, Oaktown, IN 47561, Ph. 812-745-2360", and "www.oakvillagehealthcare.com".



"EYECARE Because I CARE"

QuickVision provides many services including:

- Glaucoma Management
- Macular Degeneration Management
- Dry Eye Treatment
- Diabetic Retinopathy Management

1813 Willow Street, Ste 2A
Vincennes, In 47591
812-255-0559



TRILOGY

HEALTH SERVICES, LLC

**ASSISTED LIVING
REHAB TO HOME
LONG TERM CARE**

Amber Manor Care Center
801 E. Illinois St.
Petersburg, IN 47567
812-354-3001
ambermanorhc.com



BridgePointe Health Campus
1900 College Ave
Vincennes, IN 47591
812-302-8261
bridgepointehc.com



The Villages At Oak Ridge
1694 Troy Road
Washington, IN 47501
812-254-3800
villagesatoakridge.com

**Also available at The Villages At
Oak Ridge:**
New Memory Care Unit
Independent Living Villas

National Elder Fraud Hotline

If you or someone you know has been a victim of elder fraud, help is standing by at the National Elder Fraud Hotline.

833-FRAUD-11 or 833-372-8311

**Every day, 6:00 a.m.–11:00 p.m. eastern time
English/Español/Other languages available**

Financial scams and abuses that target older people are happening more and more.

This hotline is a free resource created by the U.S. Department of Justice (DOJ), Office for Victims of Crime for people to report fraud against anyone age 60 or older.

Reporting suspected fraud is the first step.

Reporting can help authorities try to stop those who commit fraud and also help prevent others from becoming victims. Our experts will help you navigate this process.

No fear, total understanding.

The hotline is staffed by professionals who know how to support victims of fraud. Don't worry, you can count on our case managers to be caring and understanding.

Personalized service at no cost to you.

You will reach a case manager who will help you through the reporting process at the federal, state, and local levels. You will also be connected with other resources on a case-by-case basis.

\$184 Million

Fraud and romance scams aimed at older adults resulted in losses of more than \$184 million in 2018. Many crimes go unreported because victims are scared, embarrassed, or don't know who to call. That's why DOJ created the hotline.

Information from FBI Internet Crime Complaint Center, March 2019.

WHAT TO EXPECT WHEN YOU CALL:



We will respond quickly. Your call will be answered within three rings.



You will be assigned a case manager, who will remain your point of contact.



You will always be treated with understanding and respect.

If you or someone you know has been a victim of elder fraud, help is standing by at the National Elder Fraud Hotline.

833-FRAUD-11 or 833-372-8311

Every day, 6:00 a.m.–11:00 p.m. eastern time, English/Español/Other languages available

Generations gratefully acknowledges the U.S. Department of Justice, Office of Justice Programs, Office for Victims of Crime, for allowing us to reproduce the National Elder Fraud Hotline information. This information was prepared by the Office for Victims of Crime.

HOMESTYLE
Limited menus and boring meals shouldn't keep you from thriving.

- Are you tired of your food choices?
- Are you dissatisfied with your current provider?
- Are you finding that you aren't getting the nutrition you need?

The Widest Variety of Delicious, Pre-Cooked Meals, Delivered to You.
From Your Premier Medicaid Food Provider.

Nutritious, Delicious Meals, Conveniently Delivered.

Place An order, request a menu, or get more information:
Info@homestyledirect.com
1-866-735-0921
www.homestyledirect.com

Parkview Village
Christian Care, Inc.

Accepting Tenants!
www.parkview-village.org
812-636-3000
800 S. West St, Odon, IN

Apartment Style Assisted Living
A Not For Profit Organization
Safety & Security CATERED SERVICES Christian Values

Senior Independent/Assisted Living Apartments
Monthly Rent Includes:

Three Home Cooked Meals * Weekly Housekeeping * 24 Hr Staff
Personal Safety System * Educational & Social Activities & More!
Medical & Personal Care Services available on site as needed!
Veteran's Benefits may be available, Call us today! 812-636-3000

The Indiana Family and Social Services Administration has launched a new website, BeWellIndiana.org, that provides Hoosiers with free mental health resources. The site is designed to address the increase in anxiety, depression and other mental health issues caused by the pandemic, including both first-time issues as well as preexisting mental health concerns.

Be Well Indiana



**Guardian Angel
Home Health Care, Inc.**
"Your Care is Our Business"

- ▲ Skilled Nursing
- ▲ Home Health Aides
- ▲ Physical Therapy
- ▲ Occupational Therapy

Serving Knox County and Surrounding Counties

11617 E. State Rd. 67 Bicknell, IN
KnoxCountyHomeCare.com

(812) 735-2811 or Toll Free (800) 474-4300

**Guardian Angel
Personal Services, Inc.**
"We Fill the GAPS"

- ▲ Transportation
- ▲ Homemaking
- ▲ Meal Preparation
- ▲ Grocery Shopping
& More!



A Senior Living Community

This is **your premiere provider** of independent and assisted living. **Autumn Trace** communities offer a variety of suite designs, spacious common areas and amenities and the **quality care** you expect at an affordable cost.

Call us today to schedule a free lunch and tour and learn more about joining the **Autumn Trace Family**, at 812-699-4464.

1150 N County Road 1000 W
Linton, IN 47446
www.autumntracecommunities.com

chef for hire home delivered meals

HEART HEALTHY LOW SODIUM DIABETIC THERAPEUTIC

PROUDLY SERVING THE FINE PEOPLE IN
DAVISS, DUBOIS, GREENE, KNOX, MARTIN & PIKE COUNTIES.

www.chefforhire.com (317) 426-9392

golden living centers®

Now offering:
limited private suites to in network insurances, including Medicaid.

Golden Living Center—Petersburg
309 W Pike Ave
Petersburg, IN 47567
812-354-8833

Social Security and OIG Announce National ‘Slam the Scam’ Day

Andrew Saul, Commissioner of Social Security, and the agency continue raising public awareness about telephone impersonation schemes during the Office of the Inspector General’s (OIG) national ‘Slam the Scam’ Day on March 5. Social Security and OIG have made concerted efforts to educate the public about these scams – in which fraudulent callers mislead victims into making cash or gift card payments to avoid arrest for purported Social Security number problems. As Commissioner Saul testified to Congress, the agency has taken swift actions, including helping OIG create a dedicated online reporting tool at oig.ssa.gov, providing people who call the agency with updated information on the scams and how to report them, increasing employee and public outreach and education, and establishing a Social Security/OIG workgroup to maximize resources and ensure a cohesive response.

“It is appalling that scammers are playing on emotions like fear to get people to act without thinking,” Commissioner Saul said. “Everyone should just hang up, and never give out their personal information. People should go online to oig.ssa.gov to report these Social Security scams.”

Scammers are sophisticated and there are many variations to this fraud. For example, a caller may say he is from Social Security and that the person’s Social Security number is suspended or has been used in a crime. The caller identification may be spoofed to appear to originate from a government number. Fraudsters may text or email fake documents in attempts to get people to comply with their demands. These scams have become the #1 type of fraud reported to the Federal Trade Commission and Social Security.

Social Security will never tell you that your Social Security number has been suspended, contact you to demand an immediate payment, ask for your

credit or debit card numbers over the phone, ask for gift cards or cash, or promise a Social Security benefit approval, or increase, in exchange for information or money.

Social Security employees do occasionally contact people—generally those who have ongoing business with the agency—by telephone for business purposes. Typically, the agency calls people who have recently applied for a Social Security benefit, someone who is already receiving payments and requires an update to their record, or a person who has requested a phone call from the agency. If there is a problem with a person’s Social Security number or record, in most cases Social Security will mail a letter.



WB Williams Bros.
HEALTH CARE PHARMACY
Focused on your health since 1899.

SAFE HOME SOLUTIONS
for Aging in Place

Rx Express Delivery

NOW DELIVERING FREE UNTIL CLOSE
Let us bring your medicine to you.

Vincennes – 1216 Washington Ave. 812-882-1800
Washington – 10 Williams Bros. Dr. 812-254-2497
Loogootee – 104 E. Broadway St. 812-295-4370

www.williamsbrosparmacy.com

Coping Emotionally with the Pandemic

Active Daily Living

There is no right way to react emotionally to the current pandemic. Some people feel increased worry for their safety and others feel gratitude for the protection of their comfortable homes. Some are angry, sad or both about the losses of activities, events and income they've experienced. Others don't seem to have much emotional reaction at all, shrugging off the crisis by rationalizing that this, too, shall pass.

All these feelings are normal and expectable. What may be concerning, though, is the intensity with which people experience them. Too much worry can lead to debilitating anxiety. Too much anger can lead to irritability and conflict with others. Too much sadness can lead to depression.

Most of us pay great attention to our physical health nowadays but rarely consider gauging and regulating our emotional health. Here are some ways that you can cope better with this unfolding crisis by better managing the intensity of your feelings:

Monitor yourself: By regularly reflecting on how you're feeling, you are better able to detect any concerning trends. There are several ways of accomplishing this: keeping a journal of your thoughts and emotions each day; using one of the many available mood tracker apps to visually graph your highs and lows; and asking your spouse or a good friend to periodically share their impressions of how you seem to be feeling. Realizing you are being consumed with worry or sinking into sadness will then prompt you to take steps to temper those emotions.

Remember to seek joy: Purposely engaging in positive activities can protect us from too many negative emotions. While it may be hard to imagine enjoying anything when you're sheltering in place and cut off from the world, we still must identify those activities available

to us that can make us happy. Discovering or perhaps rediscovering simple pleasures, such as cooking, playing a musical instrument or spending a relaxed evening watching a funny movie with family members, can at least temporarily relieve our anguish about the viral threat.

Shift your mind-set: Negative emotions are often triggered by excessively negative thinking. But we have the power to change our thoughts and thereby transform our feelings. Techniques for changing thinking include noticing when we are being overly pessimistic and dwelling on improbable catastrophes; intentionally searching for the positive aspects of even difficult circumstances ("There's a silver lining to every dark cloud"); and keeping a gratitude journal to increase your awareness of the good things in your life, despite our current hardships.

None of these techniques will magically remove the threat of covid-19. But they can give us some means of exercising what control is possible to help us keep our cool and our spirits up to squarely face this and other adversities.

Barry J. Jacobs, Psy.D. is a clinical psychologist, family therapist and a Principal for Health Management Associates. He is the author of two books on family caregiving and a monthly column on family caregiving for AARP.org

The Family Caregiver's Newsletter articles are created for Active Daily Living by leading experts in aging and also The Benjamin Rose Institute on Aging, a nationally recognized leader addressing the most important issues of aging through service, research and advocacy. As a champion for older adults, BRIA works to advance their health, independence and dignity. The organization has established itself as a trusted resource for people who counsel, care for and advocate on behalf of older adults throughout the U.S. - See more at: <http://www.benrose.org>

Lodge of the Wabash

Let Our Home Be Your Home

At the Lodge, we offer all levels of nursing care including Respite, Restorative, Hospice, Residential, Memory, Skilled Wound Care, and Short-term Rehabilitation.

We are here to meet any need you or your loved one may have. Please let us know how we can assist you.

**723 East Ramsey Road
Vincennes, IN 47591
812-882-8787**



Adaptive
Your Home. Your Health. Your Care.

"Proudly serving Southern Indiana"

Jasper Commons
671 3rd Avenue, Suite A3
Jasper, IN 47546
(812) 482-3899

*"A Different Take On Home Care.
Come See The Adaptive Difference."*

VETERAN AND LOCALLY OWNED
www.adaptiveindiana.com

Calories Per Serving or the Whole Package? Many Food Labels Now Tell Both

Active Daily Living

For decades, consumers have often been puzzled by what a "serving" means on Nutrition Facts labels on foods.

Well, things might have just gotten a bit clearer. New labeling regulations went into effect in January, and on many products you'll now see the total amount of calories (and various nutrients) per serving, as well as for the whole package.

"With the introduction of the new Nutrition Facts label, a variation that consumers are seeing is the dual column label for some foods that can reasonably be consumed in one meal or snack," said Claudine Kavanaugh, director of the Office of Nutrition and Food Labeling at the U.S. Food and Drug Administration.

The new label has "two columns, one for listing the nutritional facts related to a single serving and one listing the nutritional facts for the contents of the entire package," Kavanaugh explained in an FDA news release.

"We know that Americans are eating differently, and the amount of calories and nutrients on the label is required to reflect what people actually eat and drink," she said.

Not every food manufacturer has to adopt the new labels right away, but many of the products consumers buy will be affected, since the January deadline applied to all manufacturers with \$10 million or more in annual food sales. Manufacturers with sales below that amount have an extra year to adopt the new labeling. The changes to the Nutrition Facts label were first finalized in mid-2016.

Nutritionist Audrey Koltun applauded the changes, saying they'll "make the nutrition information much clearer to consumers."

"Some small packages of chips, pretzels, cookies, crackers, etc., look like one serving but the label may say it has 2 to 3 servings per package. Many eat the whole thing assuming it is an individual serving package," Koltun explained. She's a registered dietitian in the division of pediatric endocrinology at Cohen

Children's Medical Center in New Hyde Park, N.Y.

And Koltun noted that the Nutrition Facts panel has changed in other constructive ways.

"The serving sizes listed on the old Nutrition Facts labels can be confusing. Sometimes the serving size was listed in grams or ounces. Also, the print can be so small, one cannot read it," she said. "The new Nutrition Facts label shows the serving size (and for some foods, the serving size has been changed to reflect what consumers are really eating), and the calories in larger, darker font, which is helpful and it stands out more."

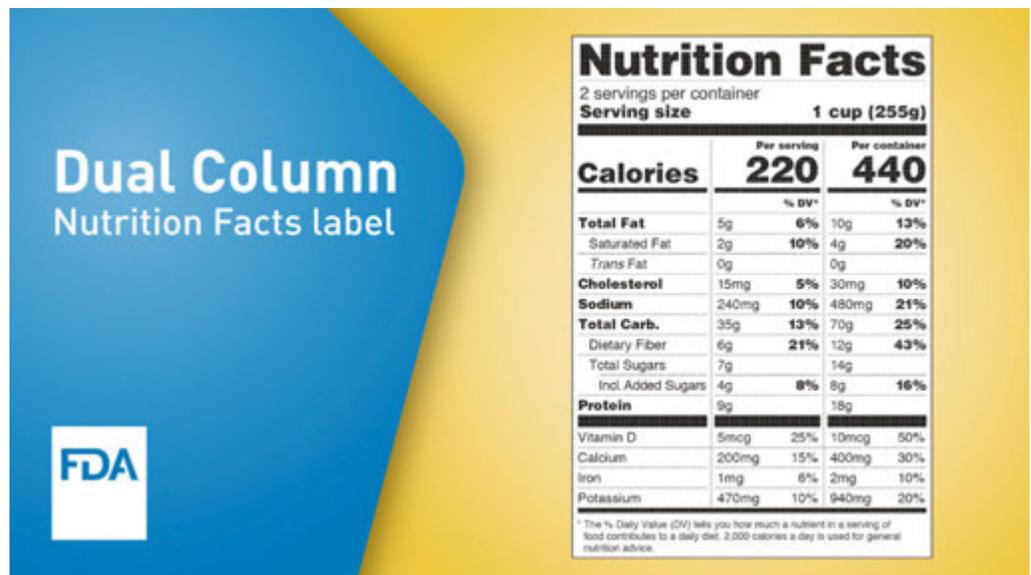
And there's one more important addition for folks watching their waistlines and their health.

"Another feature of the new label that I like is the addition of 'grams of added sugar,' which means how much sugar is added during processing versus the natural sugar already found in the foods, such as milk and fruit," Koltun said.

But she stressed that all this new information is helpful "only if one is interested and actually looks at the label."

If millions more Americans did so, however, it might "really allow them to see how much they are actually eating and make educated decisions about what and how much they desire to eat," Koltun said.

SOURCES: Audrey Koltun, R.D., registered dietitian/nutritionist, division of pediatric endocrinology, Cohen Children's Medical Center, New Hyde Park, N.Y.; U.S. Food and Drug Administration, news release, Dec. 30, 2019



GENERATIONS IS HERE FOR YOU!

In this ever changing situation, we are determined to continue to carry out our mission to offer older adults, individuals with disabilities and caregivers options for a better quality of life. We are here to take your calls, listen to your needs and to connect you to the information and resources that will help. Even though life looks very different for most of us right now, Generations will continue to be here for you.

**Call us at 1-800-742-9002
or visit our website at [www.
generationsnetwork.org](http://www.generationsnetwork.org).**

**We WILL get through this.
We are #INthistgether**


Generations
Area 13 Agency On Aging & Disability
A member of the  INconnect Alliance.



Pain: You Can Get Help

U.S. Department of Health and Human Services – National Institute on Aging

You've probably been in pain at one time or another. Maybe you've had a headache or bruise—pain that doesn't last too long. But, many older people have ongoing pain from health problems like arthritis, diabetes, shingles, or cancer.

Pain can be your body's way of warning you that something is wrong. Always tell the doctor where you hurt and exactly how it feels.

ACUTE PAIN AND CHRONIC PAIN

There are two kinds of pain. Acute pain begins suddenly, lasts for a short time, and goes away as your body heals. You might feel acute pain after surgery or if you have a broken bone, infected tooth, or kidney stone.

Pain that lasts for 3 months or longer is called chronic pain. This pain often affects older people. For some people, chronic pain is caused by a health condition such as arthritis. It may also follow acute pain from an injury, surgery, or other health issue that has been treated, like post-herpetic neuralgia after shingles.

Living with any type of pain can be hard. It can cause many other problems. For instance, pain can:

- Get in the way of your daily activities
- Disturb your sleep and eating habits
- Make it difficult to continue working
- Be related to depression or anxiety
- Keep you from spending time with friends and family

DESCRIBING PAIN

Many people have a hard time describing pain. Think about these questions when you explain how the pain feels:

- Where does it hurt?

- When did the pain start? Does it come and go?
- What does it feel like? Is the pain sharp, dull, or burning? Would you use some other word to describe it?
- Do you have other symptoms?
- When do you feel the pain? In the morning? In the evening? After eating?
- Is there anything you do that makes the pain feel better or worse? For example, does using a heating pad or ice pack help? Does changing your position from lying down to sitting up make it better?
- What medicines, including over-the-counter medications and non-medicine therapies have you tried, and what was their effect?

Your doctor or nurse may ask you to rate your pain on a scale of 0 to 10, with 0 being no pain and 10 being the worst pain you can imagine. Or, your doctor may ask if the pain is mild, moderate, or severe. Some doctors or nurses have pictures of faces that show different expressions of pain and ask you to point to the face that shows how you feel. Your doctor may ask you to keep a diary of when and what kind of pain you feel every day.

ATTITUDES ABOUT PAIN

Everyone reacts to pain differently. Some people feel they should be brave and not complain when they hurt. Other people are quick to report pain and ask for help.

Worrying about pain is common. This worry can make you afraid to stay active, and it can separate you from your friends and family. Working with your doctor, you can find ways to continue to take part in physical and social activities despite having pain.

Some people put off going to the doctor because they think pain is part of aging and nothing can help. This is not true!

It is important to see a doctor if you have a new pain. Finding a way to manage pain is often easier if it is addressed early.

TREATING PAIN

Treating, or managing, chronic pain is important. Some treatments involve medications, and some do not. Your treatment plan should be specific to your needs.

Most treatment plans focus on both reducing pain and increasing ways to support daily function while living with pain.

Talk with your doctor about how long it may take before you feel better. Often, you have to stick with a treatment plan before you get relief. It's important to stay on a schedule. Sometimes this is called "staying ahead" or "keeping on top" of your pain. Be sure to tell your doctor about any side effects. You might have to try different treatments until you find a plan that works for you. As your pain lessens, you can likely become more active and will see your mood lift and sleep improve.

MEDICINES TO TREAT PAIN

Your doctor may prescribe one or more of the following pain medications. Talk with your doctor about their safety and the right dose to take.

- **Acetaminophen** may help all types of pain, especially mild to moderate pain. Acetaminophen is found in over-the-counter and prescription medicines. People who have more than three drinks per day or who have liver disease should not take acetaminophen.
- **Nonsteroidal anti-inflammatory drugs (NSAIDs)** include aspirin, naproxen, and ibuprofen. Long-

term use of some NSAIDs can cause side effects, like internal bleeding or kidney problems, which make them unsafe for many older adults. You may not be able to take ibuprofen if you have high blood pressure.

- **Narcotics (also called opioids)** are used for moderate to severe pain and require a doctor's prescription. They may be habit-forming. They can also be dangerous when taken with alcohol or certain other drugs. Examples of narcotics are codeine, morphine, and oxycodone.
- **Other medications** are sometimes used to treat pain. These include antidepressants, anticonvulsive medicines, local painkillers like nerve blocks or patches, and ointments and creams.

As people age, they are at risk for developing more side effects from medications. It's important to take exactly the amount of pain medicine your doctor prescribes. Don't chew or crush your pills if they are supposed to be swallowed whole. Talk with your doctor or pharmacist if you're having trouble swallowing your pills.

Mixing any pain medication with alcohol or other drugs can be dangerous. Make sure your doctor knows all the medicines you take, including over-the-counter drugs and dietary supplements, as well as the amount of alcohol you drink.

Remember: If you think the medicine is not working, don't change it on your own. Talk to your doctor or nurse.

WHAT OTHER TREATMENTS HELP WITH PAIN?

In addition to drugs, there are a variety of complementary and alternative approaches that

may provide relief. Talk to your doctor about these treatments. It may take both medicine and other treatments to feel better.

- **Acupuncture** uses hair-thin needles to stimulate specific points on the body to relieve pain.
- **Biofeedback** helps you learn to control your heart rate, blood pressure, muscle tension, and other body functions. This may help reduce your pain and stress level.
- **Cognitive behavioral therapy** is a form of short-term counseling that may help reduce your reaction to pain.
- **Distraction** can help you cope with acute pain, taking your mind off your discomfort.
- **Electrical nerve stimulation** uses electrical impulses to relieve pain.
- **Guided imagery** uses directed thoughts to create mental pictures that may help you relax, manage anxiety, sleep better, and have less pain.

Continued on Page 14



Pain: You Can Get Help

Continued from Page 13

- **Hypnosis** uses focused attention to help manage pain.
- **Massage therapy** can release tension in tight muscles.
- **Mind-body stress reduction** combines mindfulness meditation, body awareness, and yoga to increase relaxation and reduce pain.
- **Physical therapy** uses a variety of techniques to help manage everyday activities with less pain and teaches you ways to improve flexibility and strength.

HELPING YOURSELF

There are things you can do yourself that might help you feel better. Try to:

- **Keep a healthy weight.** Putting on extra pounds can slow healing and make some pain worse. A healthy weight might help with pain in the knees, back, hips, or feet.
- **Be physically active.** Pain might make you inactive, which can lead to more pain and loss of function. Activity can help.
- **Get enough sleep.** It can reduce pain sensitivity, help healing, and improve your mood.
- **Avoid tobacco, caffeine, and alcohol.** They can get in the way of treatment and increase pain.
- **Join a pain support group.** Sometimes, it can help to talk to other people about how they deal with pain. You can share your thoughts while learning from others.

CANCER PAIN

Some people with cancer are more afraid of the pain than of the cancer. But most pain from cancer or cancer treatments can be controlled. As with all pain, it's best to start managing cancer pain early. It might take a while to find the best approach.

One special concern in managing cancer pain is "breakthrough pain." This is pain that comes on quickly and can take you by surprise. It can be very upsetting. After one attack, many people worry it will happen again. This is another reason to talk with your doctor about having a pain management plan in place.

ALZHEIMER'S DISEASE AND PAIN

People who have Alzheimer's disease may not be able to tell you when they're in pain. When you're caring for someone with Alzheimer's, watch for clues. A person's face may show signs of being in pain or feeling ill. You may see a person frequently changing position or having trouble sleeping. You may also notice sudden changes in behavior such as increased agitation, crying, or moaning. Refusing to eat may be a sign that the person has tooth pain or other oral health issues. It's important to find out if there is something wrong. If you're not sure what to do, call the doctor for help.

PAIN AT THE END OF LIFE

Not everyone who is dying is in pain. But, if a person has pain at the end of life, there are ways to help. Experts believe it's best to focus on making the person comfortable, without worrying about possible addiction or drug dependence.

SOME FACTS ABOUT PAIN

- **Most people don't have to live with pain.** There are pain treatments. While not all pain can be cured, most pain can be managed. If your doctor has not been able to help you, ask to see a pain specialist.
- **The side effects from pain medicine are often manageable.** Side effects from pain medicine like constipation, dry mouth, and

drowsiness may be a problem when you first begin taking the medicine. These problems can often be treated and may go away as your body gets used to the medicine.

- **Your doctor will not think you're a sissy if you talk about your pain.** If you're in pain, tell your doctor so you can get help.
- **If you use pain medicine now, it will still work when you need it later.** Using medicine at the first sign of pain may help control your pain later.
- **Pain is not "all in your head."** No one but you knows how your pain feels. If you're in pain, talk with your doctor.

FOR MORE INFORMATION ABOUT PAIN AND PAIN MANAGEMENT

Eldercare Locator

1-800-677-1116 (toll-free)
eldercarelocator@n4a.org
<https://eldercare.acl.gov>

MedlinePlus

National Library of Medicine
www.medlineplus.gov

National Cancer Institute

1-800-422-6237 (toll-free)
cancergovstaff@mail.nih.gov
www.cancer.gov

National Center for Complementary and Integrative Health

1-888-644-6226 (toll-free)
1-866-464-3615 (TTY/toll-free)
info@nccih.nih.gov
www.nccih.nih.gov

National Institute on Drug Abuse

1-301-443-1124
www.drugabuse.gov

Psychology Today

www.psychologytoday.com/us/groups

Make Your **MARK!**

MAY 2020 | VISIT ACL.GOV/OAM FOR MORE INFORMATION.

Older Americans Month 2020: Make Your Mark

Around the nation, older adults make their marks every day as volunteers, employees, employers, parents, grandparents, mentors, and advocates. They offer their time, talents, and experience to the benefit of our communities.

For 57 years, Older Americans Month (OAM) has been a special time to recognize these contributions. Led by the Administration for Community Living (ACL) each May, OAM also provides resources to help older Americans stay healthy and independent, and materials to help communities support and celebrate their citizens.

This year's OAM theme, *Make Your Mark*, highlights older adults' unique and lasting contributions to their communities—everything from sharing a story with grandchildren to leaving a legacy of community action. In the spirit of this theme, here are a few ways to make your mark this May and all year long:

Volunteer your time. Local schools, shelters, food kitchens, and hospitals always need support. Help a neighbor by prepping a meal, picking up groceries, or giving them a ride. Or, take time to pass on your knowledge. Why not tutor a student who could use extra help in math, music, or science?

Share your story. There are so many ways to do this, from showing your grandkids around

your old neighborhood to writing a book. Take a class and learn how to express yourself with the arts! Or, assemble a photo album of important moments in your life.

Get involved in your neighborhood. Join a homeowner or resident association, organize a block party, or sign up for a book club or other social group. Have a green thumb? Small projects like planting flowers in your yard or cleaning up the community park have a big impact.

Communities that support and include all their members are stronger! Please join Generations in strengthening our community by committing to Make Your Mark in May!

Need OAM resources or want to learn more? Visit the official website, acl.gov/oam, and follow ACL on Twitter and Facebook.



Caregiver Corner

Managing Time

Active Daily Living

Sometimes it just feels like there aren't enough hours in the day. You set out to answer some e-mails in the morning and all of the sudden it's lunchtime and you haven't gotten to any of the items on your to-do list. It feels even more hectic for those of us who are juggling jobs, kids, homes, and caregiving for our loved ones. Is there any way to find more time?

First, you might think about what your time is worth. Try writing down your goals. What do you want to do with your time? What do you want to achieve? Take a few minutes to evaluate your schedule. Do you allow enough time to get things done? Are you overscheduled? Do you allow enough travel time to get from one place to another? See if you can identify any "time-wasters" in your day. Are you watching too much TV? Surfing the internet? Serving on committees that are unimportant to you? Talking on the phone longer than you want to?

Here are some time-saving tips to try:

- Set a timer for your internet and TV breaks. It's okay to give your brain a break but don't get sucked in and inadvertently lose more of your day than you intended.
- Combine trips together: schedule the trip to the grocery store on your way home from work or combine the grocery store trip with the department store and the library.
- Try to schedule a day to run these regular errands; not several.
- Try to shop early in the day if your schedule allows. There will be less people, more parking, and inventory will be less picked over.
- Schedule your time! It sounds simple, but many people don't. Utilize your phone or paper calendar. Keep one schedule and try not to over schedule yourself.

- Try to schedule doctor/dentist/car/etc. appointments early in the day before emergencies arise.
- Learn to say "no" and not feel guilty about it!

All in all, remember your goals and what is important to you to help you prioritize your time. Outsource what you can and make time for self-care when you can!

Vickie Dellaquila is Western Pennsylvania's first Certified Professional Organizer in Chronic Disorganization and owner of Organization Rules® Inc. Organization Rules provides compassionate organizing services for every stage of your life®. She is the author of Don't Toss My Memories in the Trash: A Step-by-Step Guide to Helping Seniors Downsize, Organize, and Move.

The Family Caregiver's Newsletter articles are created for Active Daily Living by leading experts in aging and also The Benjamin Rose Institute on Aging, a nationally recognized leader addressing the most important issues of aging through service, research and advocacy. As a champion for older adults, BRIA works to advance their health, independence and dignity. The organization has established itself as a trusted resource for people who counsel, care for and advocate on behalf of older adults throughout the U.S. - See more at: <http://www.benrose.org>

For more articles like this, or to access additional caregiver resources, visit www.generationsnetwork.org and click on the Active Daily Living link on our home page. There, you can access additional information and sign up for newsletters with helpful information tailored to your needs.

Even a Little Activity Keeps Aging Brains from Shrinking, Study Shows

Active Daily Living

Take a walk, weed your garden, go for a swim or dance – it could keep your brain from shrinking as you age, a new study suggests.

Being physically active may keep your brain four years younger than the rest of you, which might help prevent or slow the progression of dementias like Alzheimer's disease, researchers say.

"We recently published a paper using information of both current and past physical activity and found they both are associated with lower risk of developing Alzheimer's disease," said lead researcher Dr. Yian Gu, an assistant professor of neurological sciences at Columbia University in New York City. "The current study is a step further to show that physical activity is also protective against brain volume loss."

Gu cautioned, however, that the new study doesn't prove that exercise preserves brain size, only that the two appear to be linked.

For the study, Gu and her colleagues used MRI scans to collect data on the brain size of more than 1,550 people, average age 75.

None had dementia, but nearly 300 had mildly impaired thinking and 28% had the APOE gene, which appears to increase the risk of Alzheimer's disease.

Participants reported varying levels of physical activity. Researchers found that those who were the most active had bigger brains than those who were inactive.

The most active logged either seven hours of low-intensity physical activity, four hours of moderate activity or two hours of high-intensity physical activity a week.

After taking into account age, sex, education, race/ethnicity and APOE gene status, the researchers found that the average brain size of the most active was 883 cubic centimeters, compared to 871 for those who were inactive.

That difference of 12 cubic centimeters, or 1.4%, is equivalent to nearly four years of brain aging, Gu and her colleagues said.

A limitation of the study is that it relied on participants' ability to remember how much and how often they were active. Researchers said their reports could be inaccurate, skewing the results.

Nevertheless, another expert stressed that keeping active could only add benefits for seniors.

"It's plausible, and not unique to this study, that physical exercise is good for your brain," said Dr. Marc Gordon, chief of neurology at Zucker Hillside Hospital in Glen Oaks, N.Y., who reviewed the findings.

Although it's not clear how physical activity benefits the brain, Gordon suspects that it might come from keeping blood vessels healthy and lowering blood pressure and diabetes risk. "There are a lot of factors that could play a role," he said.

"I encourage my patients to be physically active," Gordon added. "Keep socially active and keep mentally active."

The findings are scheduled to be presented at a meeting of the American Academy of Neurology, April 25 to May 1, in Toronto. Research presented at meetings is typically considered preliminary until published in a peer-reviewed journal.

MORE INFORMATION

The Alzheimer's Association has more about staying physically active.

SOURCES: Yian Gu, M.D., Ph.D., M.S., assistant professor, neurological sciences, Columbia University, New York City; Marc Gordon, M.D., chief, neurology, Zucker Hillside Hospital, Glen Oaks, N.Y.; April 25-May 1, 2020 presentation, American Academy of Neurology meeting, Toronto



Making better health accessible to all



Tailored meal programs purposefully designed to address social determinants of health

- High quality, refrigerated meals
- Choice of every meal, every delivery
- Menus tailored to common health conditions
- Vast delivery footprint to any U.S. address



Contact Us to Learn More | [1.866.716.3257](tel:18667163257) | momsmeals.com

Are you over 60 years old and homebound? Do you need assistance preparing meals? Would you like to have meals delivered to your door?



Contact Generations at 1-800-742-9002 and speak to one of our Options Counselors about home delivered meals today!

Finger Numbness

Could It Be Carpal Tunnel Syndrome?

NIH News in Health

Do you have tingling or numbness in your hand or fingers? It could be a sign that you have carpal tunnel syndrome. Often, you'll get pain in your thumb, index, and middle finger. You may find that your hands are clumsy, and it's harder to grip things.

Symptoms of carpal tunnel usually start slowly. Many people first notice the signs overnight because they sleep with their wrists bent. As time goes on, that tingling or numbness may last through the day as well.

Carpal tunnel syndrome occurs when one of the main nerves in your forearm, called the median nerve, is squeezed or compressed.

"That nerve is really important in the function of the hand," says Dr. Kevin Chung, chief of hand surgery at the University of Michigan. It gives sensation to the palm side of your thumb, index, middle finger, and part of the ring finger. It also moves some of your hand muscles.

"It can become trapped in the very tight space that goes through your wrists," he says. "That space is known as the carpal tunnel."

Carpal tunnel syndrome is usually caused by a combination of factors that shrink this space. The heavy, repetitive work of certain jobs can contribute to carpal tunnel syndrome. It's common to people who work in meat-packing plants or perform intense assembly line work. Injury to the wrist can also cause swelling that compresses the median nerve.

But it's often unclear why some people develop carpal tunnel syndrome. People who have rheumatoid arthritis or an underactive thyroid gland are more likely to develop carpal tunnel syndrome. Fluid retention during pregnancy or menopause can also contribute.

To treat the issue, doctors will first try splinting the wrist. This limits movement and helps reduce pressure on the nerve. Sometimes splints are only worn at night. During the day, experts recommend taking breaks from tasks that put stress on your hands. Over-the-counter pain relievers can help manage the discomfort.

For more tips that may help relieve carpal tunnel symptoms, see the Wise Choices box. If these steps don't improve the condition, it may be time to turn to surgery.

"Surgery is necessary when the patient has persistent numbness of the hand and when the muscles stop working because the nerve is not functioning well," says Chung.

Carpal tunnel surgery is one of the most common surgeries in the U.S. It involves dividing the ligaments—bands of elastic tissue—that support the wrist to reduce pressure on the median nerve. These ligaments usually grow back after surgery in a way that gives the nerve more room. The surgery only takes about 10 to 30 minutes.

"Relief can be quite immediate, between one to two weeks," says Chung. "But it depends on how badly the nerve was compressed and for how long."

Some strategies, like stretching your hands and wearing fingerless gloves, may help prevent carpal tunnel syndrome. But research hasn't proven that these approaches work.

Many conditions can mimic carpal tunnel symptoms, so it's important to go to a medical professional with expertise in the condition.

"Carpal tunnel syndrome can be disabling. It is so important that patients choose a surgeon wisely," says Chung. He recommends choosing a board-certified hand surgeon trained to diagnose and treat carpal tunnel.

WISE CHOICES: CARPAL TUNNEL RELIEF

These strategies may provide short-term relief from carpal tunnel syndrome:

- Take frequent breaks from repetitive physical activities.
- Apply cool packs if the wrist is red, warm, and swollen.
- Be sure to use correct posture and wrist position.
- Wear a brace at night to keep wrists straight while asleep.
- Take over-the-counter medicines that reduce swelling.

Hometown Hearing, Inc. 

2003 Hart Street • Vincennes, IN 47591
(812) 882-2075
 www.HometownHearingInc.com


Karin Schmidt, BC-HIS
Board Certified
Hearing Instrument Specialist


Tim Schmidt,
Co-Owner

**CALL TODAY TO SCHEDULE YOUR FREE HEARING EVALUATION!
(812) 882-2075**

Put your trust in us!

- **FREE** hearing consultations!
- Payment plans available
- Accepts most insurances
- Works on most makes and models
- Hearing Instruments that fit your budget
- **FREE** Aural Rehabilitation games through MyStarkey

A professional you can trust, Karin Schmidt strives to educate her clients by providing them with the information and technology appropriate for their hearing needs. Karin consistently goes the extra mile by offering solutions for every lifestyle and budget.

Office Hours:
MONDAY-FRIDAY
9AM – 5PM



There are no easy answers to the rehab/skilled care center decision. But do you know the questions?

It's not a role you asked for but one you have to play. You have an aging parent who can no longer live alone. One who needs to move somewhere, and needs your help. Is a rehabilitation and skilled care center the right choice? What are your options? What is it you don't know, but you need to know? We can help.

To learn more about our communities in Jasper and Jasonville, visit www.good-sam.com.



Good Samaritan Society
INDIANA

All faiths or beliefs are welcome. 11-G2276

ELDER'S Journey
HOME CARE

Because every journey needs a guide.

Our mission is simple...to provide quality and dependable care for clients and their families.

Skilled Nursing

Certified Home Health Aide

Geriatric Case Management

We also assist clients with:

- Stroke
- Heart Disease
- Alzheimer's/Dementia
- Wound Care
- Congestive Heart Failure
- Diabetic Care
- Medication Management

TERRE HAUTE
2850 Hazel Street, 7A
812-244-1500

BRAZIL
4W National Blvd
812-442-8891

BLOOMINGTON
4211 E 3rd Street
812-334-2389

COLUMBUS
3136 N National Road, Suite H
812-375-0225

www.eldersjourney.org

Give us a call so we can be of assistance with your loved one's journey.





GENERATIONS' ADVISORY COUNCIL MEMBERS

Representing Our Six-County Service Area

- Lisa Coquillard – Daviess
- Carla Fausnaugh – Pike
- Jonna Guy – Knox
- Kathleen Harris – Daviess
- Noel Harty - Martin
- Harold Hensley - At-large
- Alan B. Hoffman – Dubois
- Darin Holder – Daviess
- Suzanne Hurst - Dubois
- Lisa Ice-Jones – Knox
- Sue Knoll - Greene
- Judy Kratzner – Knox
- Kevin Manley – Dubois
- Lori Ann Marchino – At-large
- Toni Matthewson – Pike
- Jodi Parsons, LSW – Daviess
- Krista Robinette – Pike
- Shirley S. Rose – At-large
- Sue Sowders – Greene
- Karen Wathen – Greene
- Kaci Wehr – Dubois

COVID-19 ESTATE PLANNING CHALLENGES

COVID-19 estate planning challenges are creating complex issues about pandemic healthcare responses, fraud prevention, and constitutional restrictions on government. This article describes the problems and solutions that healthcare providers, government officials, and lawyers are pursuing to overcome the challenges.

COVID-19 ESTATE PLANNING CHALLENGES IN HEALTHCARE

COVID-19 estate planning challenges begin with fundamental healthcare issues. The US Centers for Disease Control and Prevention (CDC) website (<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/how-covid-spreads.html>) says the COVID-19 virus is highly contagious. The website says the infection may spread through respiration droplets sprayed by an infected person's cough or sneeze to someone up to 6 feet away. The site also indicates that people may contract the virus by touching a contaminated surface and then touching their mouth, nose, or eyes.

Staying at Home or in a Locked-down Healthcare Facility to Reduce Pandemic Spread

The easiest way to avoid contracting COVID-19 is to stay home and avoid contact with other people and surfaces that infected people have touched. Most US communities allow people to shop for groceries and obtain "essential" goods and services from businesses and professionals. However, most hospitals and nursing homes restrict guest visits to protect patients from infection.

COVID-19 ESTATE PLANNING LEGAL CHALLENGES

Estate Planning to Appoint Decision Makers

A thorough estate plan should authorize people to help a confined patient manage personal and healthcare decisions. Estate planning tools allow trusted people to make critical decisions and take daily actions on which we all depend and take for granted. A plan also helps prevent criminals and irresponsible from taking advantage of a healthcare patient's vulnerability.

Healthcare Consent

Healthcare laws prevent people from imposing healthcare treatment on a patient without consent

unless the patient cannot direct the patient's care options. A person lacking the ability to understand and communicate healthcare choices can't make healthcare decisions. So, an incapacitated patient needs a healthcare representative (HCR).

The law allows a person to appoint a HCR before experiencing a health crisis. The law provides a list of HCRs for people who do not plan ahead. Indiana lists HCRs in this order:

1. a person whom the patient previously appointed to serve as HCR in an adequately prepared appointment of HCR;
2. a guardian or HCR appointed and authorized by a court to make the patient's health decisions;
3. the patient's spouse;
4. the patient's adult children;
5. the patient's parents;
6. the patient's adult siblings (brothers or sisters);
7. the patient's grandparents;
8. the patient's adult grandchildren;
9. the patient's most closely related aunts, uncles, cousins, nieces, and nephews within the same degrees of relationship to the patient as the previously listed family members;
10. an adult friend who has maintained regular contact with the patient and is familiar with the patient's activities, health, and religious or moral beliefs; or
11. the patient's religious superior if the patient is a member of a religious order, such as a priest or nun.

A prepared patient who has already appointed and HCR should have fewer worries than other people. For example, a patient may prefer that the patient's brother or sister make healthcare decisions instead of the patient's substance-abusing children.

Estate Planning Antifraud Protections

Dishonest people have taken advantage of vulnerable people throughout history. Estate planning laws help protect against fraud by requiring that a person and witnesses sign a will and some kinds of healthcare advance directives in each other's presence. A person must sign a power of attorney in the presence of a notary public.

Continued on Page 23

Please consider a memorial or tribute donation to Generations as a way to honor a friend or loved one.

With your support, we can continue to provide older adults in our area with the options they need to live and age successfully.

Donations may be sent to:
Generations
 P.O. Box 314, Vincennes, IN 47591



NOW OPEN IN VINCENNES

TruArch Foot & Brace
 DIABETIC SHOES/INSERTS

2801 N. 6th St., Ste A, Vincennes, IN 47591
 phone: 812-316-0316 • fax: 812-316-0590

Our mobile service can come to you!

www.TruArch.com

When you need us, we're here

Smaller communities with individualized programming, resident directed schedules, independence in decision making, buffet dining, and superior restorative services are just a few reasons for selecting Glenburn Home when your loved one needs 24 hour care.

Serving our friends & neighbors for 70 years

Glenburn Home

618 W. Glenburn Road • Linton, Indiana • 812-847-2221

You can't always be there. But we can.

We offer your loved ones personalized services that keep them safe and at home.

Home Instead CAREGivers™ can provide a variety of services. Some include:

- Dementia & Alzheimer's Care
- Personal Care
- Meals & Nutrition
- Transportation
- Light Housekeeping
- Respite Care
- Companionship Care

Call Rachelle for a free, no-obligation assessment
812.482.3311



HomeInsteadJasper.com

Each Home Instead Senior Care® franchise office is independently owned and operated.



An intensive structured outpatient therapy program provided by Sullivan County Community Hospital to help seniors re-engage in life.

- Grief and loss
- Changes/loss of health
- Anxiety, nervousness, worry
- Relationships
- Depression
- Aging/failing memory
- Change in eating/sleeping patterns
- Relaxation skills

Turning Leaf

Behavioral Health



For more information call (812) 268-2562.

We are located on the campus of Sullivan County Community Hospital.
 2232 N. Hospital Blvd., Suite #2 Sullivan, IN 47882
schosp.com

COVID-19 ESTATE PLANNING CHALLENGES

Continued from Page 21

Indiana led the nation in 2018 with electronic estate planning laws featuring high-tech anti-fraud protections. When a person makes an electronic will, the person and two witnesses must all “sign” the will in each other’s physical presence. Similarly, a person must “sign” an electronic power of attorney in a notary public’s physical presence.

COVID-19 Estate Planning Anti-Fraud Protection Problems

Anti-fraud provisions in Indiana’s traditional and electronic estate planning systems create conflicts with healthcare facilities’ necessary precautions that restrict visitor access to patients. Witnesses and a notary can stand outside a patient’s window to witness and notarize documents, but it is impossible when the patient is on the fourth floor of a hospital.

STATES RELAX ESTATE PLANNING REQUIREMENTS IN COVID-19 CRISIS

Many states have temporarily relaxed estate planning anti-fraud provisions to address social distancing requirements. The Illinois Governor and Secretary of State issued emergency orders and to rules for Illinois residents’ estate plans. Indiana’s Governor and Supreme Court took similar emergency actions in late March for Hoosier Estate plans. The emergency orders allow clients, witnesses, and notaries public to sign and exchange documents with videoconferencing and electronic signature technology.

COVID-19 ESTATE PLANNING ADAPTATIONS

Hawkins Elder Law and many elder law colleagues are using creative methods to help Indiana and Illinois

clients make estate plans safely. Many lawyers and clients are meeting by videoconference on mobile phones and computers with WebCams to discuss and make estate plans with electronic signatures. Lawyers are also using low-tech estate plan signing strategies like setting up tables in office parking lots to maintain safe distances during meetings.

Health concerns are preventing hospital and nursing home patients from signing estate plans under the emergency orders and rules. Still, elder law attorneys are doing everything they can to help clients make estate plans under these difficult circumstances.

Jeff R. Hawkins and Jennifer J. Hawkins are Trust & Estate Specialty Board Certified Indiana Trust & Estate Lawyers. They are also active members of the Indiana State Bar Association and National Academy of Elder Law Attorneys.

Both lawyers are admitted to practice law in Indiana, and Jeff Hawkins is admitted to practice law in Illinois.

Jeff is a Fellow of the American College of Trust and Estate Counsel and the Indiana Bar Foundation. He is also a member of the Illinois State Bar Association and the Indiana Association of Mediators. He served as the 2014-15 President of the Indiana State Bar Association, and he is a registered civil mediator.

Hawkins Elder Law is one of the few elder law firms that Martindale-Hubbell™ has rated AV Preeminent, with both of the firm’s lawyers (Jeff Hawkins and Jennifer Hawkins) also rated AV Preeminent.

MORE INFORMATION

Find more information about these and other topics on YouTube and at www.HawkinsElderLaw.com. Facebook users can like @HawkinsElderLaw on Facebook. Twitter users can follow @HawkinsElderLaw. The LinkedIn crowd can follow us at <https://www.linkedin.com/company/hawkinselderlaw>. You can also call us at 812-268-8777.

© Copyright 2020 Hawkins Elder Law. All rights reserved.



HOME SWEET HOME CARE



- Attendant Care
- Homemaker
- Companion Care

877-281-5777



STAY CONNECTED STAY INDEPENDENT

YMCA BETTYE J. MCCORMICK SENIOR CENTER

A caring place for seniors to meet new friends, enjoy an affordable, nutritious lunch, and continue living their lives to the fullest.

Open Monday-Friday
8:00 a.m. – 4:00 p.m.

FREE transportation provided by YMCA VanGo.

ADULT DAY SERVICES ARE ALSO AVAILABLE.

2009 Prospect Avenue, Vincennes
812.882.2285 vincennesymca.org



OUR MISSION

Generations' mission is to offer older adults, individuals with disabilities and caregivers options for a better quality of life.

WHAT WE OFFER

Generations works with community partners and contracted providers to offer services to our clients in Daviess, Dubois, Greene, Knox, Martin & Pike Counties. We offer:

- Aging and Disability Resource Center
- Care Transitions
- At Home Pre-Admission Screening for nursing home placement
- AngelWorx Volunteer Program
- Generations Magazine
- Contracted providers allow us to offer transportation, adult day services and legal assistance.
- Meals on Wheels
- Health & Wellness Programs
- Case Management
- Ombudsman Services
- Caregiver Services
- Options Counseling

ADVERTISER INDEX:

ADULT DAY SERVICES:

YMCA Bettye J. McCormick Senior Center - Page 23

ASSISTED LIVING:

Amber Manor Care Center - Page 6

Autumn Trace Senior Communities - Page 8

Bridgepointe Health Campus - Page 6

Good Samaritan Society, Northwood Retirement Community - Page 20

Parkview Village - Page 7

The Villages at Oak Ridge - Page 6

BEHAVIORAL HEALTH SERVICES:

Turning Leaf Behavioral Health - Page 22

FOOTWEAR:

TruArch Foot & Brace - Page 22

HOME CARE SERVICES:

Adaptive - Page 10

Elder's Journey - Page 20

Guardian Angel Home Health Care - Page 8

HomeInstead Senior Care - Page 22

Home Sweet Home Care - Page 23

Williams Bros. Health Care Pharmacy - Page 9

HOSPITALS:

Good Samaritan Hospital - Inside Front Cover

Memorial Hospital & Health Care Center - Back Cover

MEDICAL SERVICES:

Hometown Hearing - Page 20

Quick Vision - Page 5

NURSING & REHABILITATION CENTERS:

Amber Manor Care Center - Page 6

Bridgepointe Health Campus - Page 6

Glenburn Home - Page 22

Golden Living Center - Page 8

Good Samaritan Society, Northwood Retirement Community - Page 20

Lodge of the Wabash - Page 10

Oak Village Healthcare - Page 5

The Villages at Oak Ridge - Page 6

NUTRITION SERVICES:

Chef for Hire - Page 8

Homestyle Direct - Page 7

Mom's Meals - Page 18

PHARMACY:

Williams Bros. Health Care Pharmacy - Page 9

SENIOR CENTERS:

YMCA Bettye J. McCormick Senior Center - Page 23

TRANSPORTATION:

YMCA Bettye J. McCormick Senior Center - Page 23

VOLUNTEER:

Retired and Senior Volunteer Program - Inside Back Cover

We are proud of our RSVP Volunteers who have stepped up to do what they can to help their community during this unprecedented time!

From sewing masks to manning food pantries, and many things in between, RSVP volunteers are making a difference!



THANK YOU!!



If you are age 55+ and are wondering how you can help your community, consider becoming a Retired and Senior Volunteer Program (RSVP) volunteer. We have many volunteer opportunities available whether you prefer to volunteer in the comfort of your own home, or out in the community – at a safe social distance, of course! If you would like more information on how to become a RSVP volunteer, please contact Generations at 1-800-742-9002.

Generations

Area 13 Agency On Aging & Disability

A member of the connect Alliance.

Volume 65 • P.O. Box 314 • Vincennes, IN 47591

NONPROFIT ORG
U.S. POSTAGE
PAID
Vincennes, IN
Permit #85



IN THIS TOGETHER

thank you!

MEMORIAL HOSPITAL  AND HEALTH CARE CENTER