

Boomers, Elders, & More E-Newsletter

A Monthly Elder Care Newsletter of the Vanderbilt Child & Family Center



A message from the Family Services Coordinator:

Vanderbilt Child and Family Center is taking a summer break to plan upcoming adult and elder care events for Fall 2019. We want to express our immense gratitude to all the organizations and speakers who spoke at our events in the Spring. Look out for announcements on our social media or future E-newsletters for information about the monthly Caregiver Support Group and Boomers, Elders, and More Speaker Series.

With a sad heart, I regret to announce that June will be my last full month at Vanderbilt University as the Family Services Coordinator. I will be relocating with my family to Seattle, WA and will truly miss the Vanderbilt community.

I have enjoyed my time as the Family Services Coordinator facilitating all the support group and speaker series events, writing the monthly newsletters, and helping each of you who have e-mailed me regarding your elder care questions.

Taking over the role in the interim will be the amazing Toya Cobb, M.Ed., who some of you might have met at one of our events in April or May! Toya will be the main contact for our events in the Fall.

Starting **June 24th** we will have a new e-mail you can contact if you have questions, feedback for our programs, or if you know of anyone who would like to subscribe to the newsletter. The new e-mail is VCFCservices@vanderbilt.edu.

*Warm Goodbyes,
Alice Shi*

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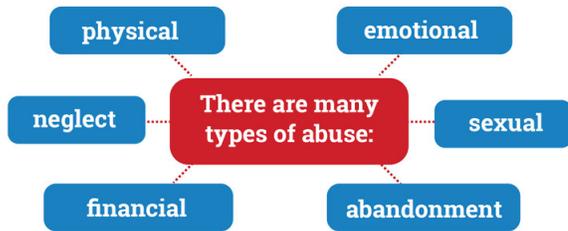
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SPOTTING THE SIGNS OF ELDER ABUSE



Abuse can happen to any older person, by a loved one, a hired caregiver, or a stranger. Abuse can happen at home, at a relative's home, or in an eldercare facility.



Watch for these signs of abuse:



- ▶ Seems **depressed, confused, or withdrawn**



- ▶ **Isolated** from friends and family



- ▶ Has **unexplained bruises, burns, or scars**



- ▶ Appears **dirty, underfed, dehydrated, over- or undermedicated**, or not receiving needed care for medical problems



- ▶ Has **bed sores** or other preventable conditions



- ▶ Recent **changes in banking or spending** patterns

Talk with the older adult and then contact the local Adult Protective Services, Long-Term Care Ombudsman, or the police.

Every year on June 15, World Elder Abuse Awareness Day (WEAAD) is commemorated in America and around the world.

Through WEAAD, we raise awareness about the millions of older adults who experience elder abuse, neglect, and financial exploitation. As many as 1 in 10 older Americans are abused or neglected each year and only 1 in 14 cases of elder abuse ever comes to the attention of authorities. Older Americans are vital, contributing members of our society and their abuse or neglect diminishes all of us. WEAAD reminds us that, as in a just society, all of us have a critical role to play to focus attention on elder justice.

Who Can Help?

Elder abuse will not stop on its own. Someone else needs to step in and help. Many older people are too ashamed to report mistreatment. Or, they're afraid if they make a report it will get back to the abuser and make the situation worse.

If you think someone you know is being abused—physically, emotionally, or financially—talk with him or her when the two of you are alone. You could say you think something is wrong and you're worried. Offer to take him or her to get help, for instance, at a local adult protective services agency.

Many local, State, and national social service agencies can help with emotional, legal, and financial problems. The Administration for Community Living has a National Center on Elder Abuse where you can learn about how to report abuse, where to get help, and State laws that deal with abuse and neglect.

Go to <https://ncea.acl.gov> for more information. Or, call the Eldercare Locator weekdays at 1-800-677-1116.

Most States require that doctors and lawyers report elder mistreatment. Family and friends can also report it. Do not wait. Help is available.

If you think someone is in urgent danger, call 911 or your local police to get help right away.

HEALTHYLIVINGTIPS

Get Set for a Healthy Summer



In most parts of the United States, the beautiful colors and temperate weather of summer are a welcome break from the cold grey of winter. But warm weather can lead to serious health risks.

Start planning now to avoid some of the health risks summer can bring by following these tips:

- **Keep cool.** Make sure your home's air conditioner or climate control system is working properly. If you do not have climate control, think about public places where you can go to comfortably spend time on hot days. Some examples include local senior centers, libraries, shopping malls and movie theaters.
- **Stay indoors.** Plan your summer activities so that you are indoors during the hottest part of the day. Run your errands early in the morning or at dusk when the temperatures drop slightly.
- **Cover up.** When you do need to go outside, protect yourself from the sun by wearing plenty of sunscreen, and invest now in a comfortable, wide-brimmed hat.
- **Stay hydrated.** Make sure you have a supply of water and plenty of ice in your home. And if you are going out, take a bottle of water with you.
- **Breath easy.** Spend less time outdoors on humid days, especially if you are allergic to pollen or live in an area where there is a lot of air pollution.
- **Stay informed.** Throughout the summer, follow your local weather reports to find out when your community is experiencing severe heat and humidity.

Useful Resources

Administration on Aging Health Related Resources

http://www.aoa.gov/AoARoot/Preparedness/Resources_Individuals/Health_Resources.aspx

National Institutes of Health Medline Plus – Heat Illness

<http://www.nlm.nih.gov/medlineplus/heatillness.html>



FOR MORE INFORMATION ABOUT AOA U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES,
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FROM GLOOM TO GRATITUDE: 8 SKILLS TO CULTIVATE JOY

NPR | Allison Aubrey



Feel like you're living under a rain cloud? Life not going your way? Lots of us have a bit of Eeyore's angst and gloom.

But here's the good news (sorry to be so cheery): You can be taught to have a more positive attitude. And — if you work at it — a positive outlook can lead to less anxiety and depression.

The latest evidence comes from a new study of caregivers — all of whom had the stressful job of taking care of a loved one with dementia. The study found that following a five-week course, participants' depression scores decreased by 16 percent and their anxiety scores decreased by 14 percent. The findings were published in the current issue of *Health Psychology*.

The course teaches eight skills to help people cope with stress. Techniques include mindfulness and deep breathing, setting an attainable daily goal, keeping a gratitude journal and — yes, it works — performing small acts of kindness.

Skeptical? Melissa Meltzer Warehall was too. She's caring for her husband, Paul, who is 64 and was diagnosed with early onset Alzheimer's in his 50s. "It's very, very frustrating," Warehall says, "to know the man he used to be and the shell of the person he is now."

When she agreed to be a participant in the study, it was a way to reach out for help. She knew she couldn't change her circumstances, but she wanted to learn to cope better. "When you're experiencing a lot of stress, it's easy to head into a downward spiral," says Judith Moskowitz of Northwestern University. She is trained as a psychologist and studies the ways positive emotions can influence people's health and stress. She developed the program taught to the caregivers.

As part of her research, hundreds of stressed-out people have taken the five-week skills class, including women with breast cancer, people newly diagnosed with HIV, people managing Type 2 diabetes and people with depression. She has documented benefits in each of those studies.

"These skills can definitely help people, no matter what type of stress they are experiencing, even if it is 'minor' everyday stress," Moskowitz says.

Warehall says she began to feel a shift to a sunnier outlook just a few weeks into the program. One skill she learned: how to reframe the daily hassles of life into something positive.

For instance, she says it can be challenging to take her husband on outings; she has to be on guard against him wandering off. Also, he has begun to have trouble navigating in and out of the car, and that can be frustrating for them both. But instead of focusing on the downside, she has taught herself to spend those long moments being consciously grateful for what they're still able to do together.

Though her husband can't work or take trips anymore, she has helped him rediscover music. "I signed him up for harmonica lessons every Saturday," she says. And that's great for both of them. "Just being with him when he makes music — he plays a mean blues harmonica — it's wonderful for me too."

She's learning to cling to the positive moments that come alongside the stress. And this makes it easier. "Everything that we do that's challenging, I look for that silver lining," Warehall says.

But this doesn't come naturally, she says; she has tried to build a habit of gratitude. Writing down one thing each day is a good reminder that there are still lots of joyful moments — despite their stressful situation.

"[Paul] picks up on my energy, and if my energy is positive, it's easier to care for him," Warehall says.

She has learned to focus on what is, instead of what's lost. "I remind myself I still have him. I can still hug him and hold him and tell him I love him."

"In the context of stress, it can be hard to see the positive things," says Moskowitz. "So taking a moment to notice things you're grateful for is really beneficial."

Moskowitz says she knows the hesitation or resentment people sometimes feel when they're told, "Chin up! It'll all be OK." That's a hard message to handle if you're reeling from the news of a serious diagnosis or other traumatic experience.

"We're not saying don't be sad or upset about what's going on," Moskowitz emphasizes. "But we know people can experience positive emotion alongside that negative emotion, and that positive emotion can help them cope better."

She says these strategies and skills are widely applicable. "Anyone can be taught to be a little more positive."

Moskowitz and her colleagues are about to launch another study of dementia caregivers (anyone interested in participating can contact her lab, she says). And though that particular program is not available to the general public outside the research project, Moskowitz points to an online program called It's All Good Here that teaches similar skills. (Moskowitz has consulted with the creator of the program to share some content, but she has no financial ties to the company.)

She says the strength of the eight-technique approach is that there's no single skill that helps everyone. "It's a buffet of skills," Moskowitz says, so it gives people lots of options.





Here's a quick summary of the eight techniques used in Moskowitz' study:

- Take a moment to identify one positive event each day.
- Tell someone about the positive event or share it on social media. This can help you savor the moment a little longer.
- Start a daily gratitude journal. Aim to find little things you're grateful for, such as a good cup of coffee, a pretty sunrise or nice weather.
- Identify a personal strength and reflect on how you've used this strength today or in recent weeks.
- Set a daily goal and track your progress. "This is based on research that shows when we feel progress towards a goal, we have more positive emotions," Moskowitz says. The goal should not be too lofty. You want to be able to perceive progress.
- Try to practice "positive reappraisal": Identify an event or daily activity that is a hassle. Then, try to reframe the event in a more positive light. Example: If you're stuck in traffic, try to savor the quiet time. If you practice this enough, it can start to become a habit.
- Do something nice for someone else each day. These daily acts of kindness can be as simple as giving someone a smile or giving up your seat on a crowded train. Research shows we feel better when we're kind to others.
- Practice mindfulness by paying attention to the present moment. You can also try a 10-minute breathing exercise that uses a focus on breathing to help calm the mind.

Janice Kiecolt-Glaser of Ohio State University was not involved in this study but has researched the effects of caregiving on the aging process, and she says Moskowitz's work dovetails with many of her own findings.

"There's certainly ample evidence from our research and others' that the stresses of dementia family caregiving can take a toll on mental and physical health," Kiecolt-Glaser says.

"This study used a simple intervention that had measurable positive benefits. It's a lovely contribution to the literature, and I would hope to see wider implementation of this and similar approaches," she says.

VCFC WEBSITE

The screenshot shows the website's navigation bar with links for 'About', 'New Parent & Lactation Support', 'Early Childhood Care & Education', 'Family Life', and 'Adult & Elder Care'. The main header reads 'Child and Family Center DIVISION OF ADMINISTRATION'. The page title is 'Adult & Elder Care Resources'. A introductory paragraph states: 'The following page contains information about local, state, and national resources related to the aging community and caregiving. Please visit each organization's website for more detailed information.' The page is organized into several sections:

- Resources at Vanderbilt**
 - The Center for Cognitive Medicine**: Provides free memory screenings as well as resources related to Alzheimer's and Dementia.
 - OLLI at Vanderbilt**: OLLI at Vanderbilt helps adults over 50 rediscover the joy of learning and build community through diverse social interaction.
 - Osher Center for Integrative Medicine**: Vanderbilt's Osher Center for Integrative Medicine offers a range of services, classes and training focused on your total health mind, body and spirit.
 - Supplemental Life/Will Preparation**: If you're enrolled in MetLife's Supplemental Life Insurance coverage, you and your spouse may take advantage of Will Preparation services. It is offered through Hyatt Legal Plans, a MetLife company, and provides access to attorneys who participate in Hyatt Legal Plans' network for preparing or for updating wills, living wills and powers of attorney. You may also use a non-participating attorney and receive reimbursement for covered services according to a set fee schedule. You will be responsible for any of the attorney fees that exceed the reimbursed amount if you choose the out-of-network option.
 - Willscenter.com**: Create your will, living will and power of attorney documents using this online service. It's easy to use, secure, and available 24 x 7 at no cost to you. Access to technical assistance is available by phone through a toll-free number (1-888-861-1089) and online through a dedicated support portal. Within this secure web space you can:
 - Easily create and store personalized state-specific documents for you and your spouse.
 - Use the interactive question and answer process to create your documents.
 - See your documents assembled as you enter your answers into the online questionnaire.
 - Edit, download and print your legal documents along with directions for easy execution.
 - Vanderbilt Home Care**: Vanderbilt Home Care provides caregivers for you in an environment where you feel most comfortable and independent. Under the direction of your doctor, our nurses and therapists help you with daily tasks including bathing, dressing, eating and managing medications. Our caregivers also provide company and emotional support. When you receive care from Vanderbilt Home Care, you can rest assured. You are in the hands of highly skilled, compassionate caregivers who put your needs first.
 - Vanderbilt Memory & Alzheimer's Center**: VMAC has clinic services for adults experiencing memory loss as well as a support group for Caregiver and Early Stage Alzheimer's Patients. Please contact them directly for information on their meetings 615-322-8676.
 - Vanderbilt-Reynolds Geriatrics Education Center**: They have a library of Alzheimer training materials as well as links to additional resources.
- Local & State Resources**
 - Tennessee 2-1-1**: Serves as a state-wide community services referral line. 2-1-1 has a database of more than 10,000 cross-referenced health and human services and is staffed by trained specialists who can help callers find the closest place to get help. All calls are free and confidential.
 - Elder Care Locator**: The Eldercare Locator is a nationwide service that connects older Americans and their caregivers with trustworthy local support resources.
 - Senior Directory Nashville**: Senior Directory provides up-to-date information on senior housing, home care, and over 70 categories of services throughout the United States. With local print directories in 14 major US cities, a website to search locally for services, and a comprehensive blog contains dozens of articles on healthy aging, caregiving, and much more!

At the bottom of the page, there is a link to the 'Spring 2019 Senior Directory for Greater Nashville' with a small image of the directory cover.

The Twitter feed shows three tweets from @vanderbiltcfc. The first tweet asks if the user has read the VCFC's latest quarterly newsletter and provides a link to the Spring 2019 issue. The second tweet features a tweet from @se180studio about 'connections between pedagogy and place making, with the physical environment serving as the third teacher'. The third tweet is a retweet of a tweet from @kathleenscaboli about 'Teaching Kids Design Thinking, So They Can Solve The World's Biggest'.

Visit our website to find:

- Resource pages for the whole family
- Back Up Care Options
- E-newsletter Archive



VANDERBILT UNIVERSITY

Child and Family Center



6/8 8:15- 9:00 AM

[Fitness at Fest](#) is a 45-minute sweat session for all fitness levels on Saturday, June 8, at Bridgestone Arena Plaza. Whether you're a beginner, advanced or somewhere in between, grab your friends and come join us for a fun workout.



6/12 2:00 - 3:00 PM

[Music for Seniors](#) presents San Rafael Band at Academy Park Performing Arts Center. The San Rafael Band combines the best of salsa, Latin jazz and rock - performing a compelling blend of jazz and blues.

Email: sarah@musicforseniors.org

Phone: 615.330.1937



6/13 6:00 - 8:00 PM

[Expressive Arts Night](#) hosted by Alive Nashville. All ages are welcome. No artistic talent is needed to participate.. Facilitators will be on-hand to assist as you express your grief through painting, collages, coloring, zentangles, and writing prompts.

6/18 2:00 - 3:00 PM

[All About Women on Women's Health](#)

This lunch and learn will focus on women's health for teens all the way up to seniors. Lunch is provided for FREE and there is no fee for admittance.

Space is limited so please register with eventbrite, call 615-669-7419, or email at president@allaboutwomen.org. Please register each attendee separately.

