

Boomers, Elders, & More E-Newsletter

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



Every May, the Administration for Community Living leads the observance of Older Americans Month. The 2019 theme, Connect, Create, Contribute, encourages older adults and their communities to:

- Connect with friends, family, and services that support participation.
- Create by engaging in activities that promote learning, health, and personal enrichment.
- Contribute time, talent, and life experience to benefit others.

Communities that encourage the contributions of older adults are stronger! By engaging and supporting all community members, we recognize that older adults play a key role in the vitality of our neighborhoods, networks, and lives.



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Upcoming VCFC Events

Boomers, Elders, & More Speaker Series

May 15th **12:00 - 1:00 PM**

Caregiving During Work Hours

Presented By: Debra King, LMSW
Elder Care Coordinator
Takacs McGinnis Elder Care Law

Godchaux Nursing Annex 166

Please e-mail alice.shi@vanderbilt.edu if you plan to attend.

RESOURCES

SUPPORTS AND SERVICES TO HELP OLDER ADULTS
CONNECT, CREATE, AND CONTRIBUTE



CONNECT, CREATE, CONTRIBUTE MAY 2019

Connect

FIND LOCAL RESOURCES: The Eldercare Locator connects older adults and their caregivers with trustworthy resources, like meal, transportation, and caregiver programs. Visit eldercare.acl.gov or call 1-800-677-1116.

HEALTH INSURANCE: State Health Insurance Assistance Programs (SHIPs) provide free, one-on-one insurance counseling and assistance to Medicare beneficiaries, their families, and caregivers. Find your SHIP at shiptacenter.org.

BRING GENERATIONS TOGETHER: Generations United works with organizations, partners, and stakeholders to support intergenerational collaboration through public policies and programs. Visit gu.org.

LONG-TERM CARE: The Administration on Aging assists older adults of any age to plan ahead for a lifetime of care. Visit longtermcare.acl.gov.

RIGHTS PROTECTION: The National Center on Elder Abuse helps aging networks decrease elder abuse, neglect, and exploitation. Visit ncea.acl.gov.

RESIDENTS' RIGHTS: The National Consumer Voice for Quality Long-Term Care connects nursing home and assisted living residents with resources for understanding their rights and ways to get help if they need it. Visit theconsumervoice.org.

PENSION RIGHTS: PensionHelp America is a website of the Pension Rights Center, a nonprofit dedicated to protecting and promoting the retirement security of workers, retirees, and their families. Visit pensionhelp.org.

VETERANS: The U.S. Department of Veterans Affairs offers a range of services, including benefit support, health programs, and crisis services. Visit VA.gov or call MyVA311 at 1-844-698-2311.

Visit acl.gov/oam for more information.



CREATE



EXPLORE THE ARTS: The National Center for Creative Aging provides resources that help older adults amplify their creative potential through a diverse network of organizations and individuals that advance the creative aging field. Visit creativeaging.org.

INSPIRE CREATIVITY: Creativity Matters is a toolkit designed to increase the expertise of those who direct or want to start community arts and aging programs. Visit nationalguild.org/resources/resources/free-guild-resource/creativity-matters-the-arts-and-aging-toolkit.

KEEP FIT: Go4Life is a campaign designed to help older adults incorporate physical activity into daily life. It offers exercises, motivational tips, and free resources to help you get ready, start exercising, and keep going. Visit go4life.nia.nih.gov.

TAKE A CLASS: The Lifelong Learning Institute Directory provides a national listing of programs in older adult education. Visit bit.ly/LifelongLearningDirectory.

CONNECT WITH ARTS ORGANIZATIONS: The National Endowment for the Arts provides federal support for projects that benefit local communities. For a list of participating state and regional arts agencies and organizations, visit arts.gov/partners/state-regional.

CREATE A FINANCIAL SECURITY PLAN: The Consumer Financial Protection Bureau provides resources for older adults and their families to plan for later-life financial security. Visit consumerfinance.gov/practitioner-resources/resources-for-older-adults.

EAT HEALTHIER: The U.S. Department of Agriculture provides information on how healthy eating can encourage a sense of well-being. Visit choosemyplate.gov/older-adults.

ACTIVITIES FOR FUN: The National Institute on Aging explains the benefits of participating in activities that promote health and personal enrichment as we age. Visit nia.nih.gov/health/participating-activities-you-enjoy.



Contribute

VOLUNTEER: Create the Good helps older adults find volunteer opportunities that match their particular talents and interests. Visit createthegood.org.

WORK: AARP provides support for older adults who wish to enter the workforce or change careers. Visit aarp.org/work.

TRAIN FOR EMPLOYMENT: The U.S. Department of Labor provides a community service employment program for older adults who seek work-based job training. Visit doleta.gov/seniors.

CREATE OR EXPAND A PROGRAM: ACL posts grant opportunities to support and expand emerging programs that serve older adults across the nation. Visit acl.gov/grants.

PROTECT OUR NATIONAL RESOURCES: Volunteer.gov is an online portal that seeks support for our nation's natural and cultural resources by connecting volunteers to projects that match their interests. Visit volunteer.gov.

TEACH CHILDREN TO READ: Experience Corps is a program that screens, trains, and connects people over 50 with children who need help learning to read. Visit aarp.org/experience-corps.

GIVE BACK TO YOUR COMMUNITY: Senior Corps volunteers commit their time to address critical community needs, including tutoring and mentoring, disaster relief support, and more. Visit nationalservice.gov/programs/senior-corps.

FIGHT HUNGER: Feeding America can put you in touch with the local food banks and meal programs in your area, so you can join in the fight against hunger. Visit feedingamerica.org.

BE HEARD: ACL regularly seeks input from older adults, caregivers, researchers, and practitioners on topics that are important to the aging network. Visit acl.gov/about-acl/public-input.

How to Talk With an Aging Parent About Long-Term Care

By: Marc Agronin

Marc Agronin, MD, @MarcAgronin is a geriatric psychiatrist at Miami Jewish Health and the author of *The End of Old Age: Living a Longer, More Purposeful Life* and *The Dementia Caregiver*.



Many people view the possibility of needing long-term care as a fate worse than death, and try to deny, resist, postpone or denigrate the idea. This resistance can be fierce, even in the face of significant physical or mental changes that compromise safety and require close monitoring and assistance. It's frustrating and even heartbreaking when these attitudes persist and block you from finding the care that a parent or loved one needs.

Simply raising the topic can be hard enough, especially in a role-reversal, when a child needs to assume a caregiving role for a parent. So how can you compassionately navigate the emotions and broach the topic in a way that engages your loved one in a discussion, and yet moves quickly to a practical solution?

Here are some ways to frame the conversation and keep things constructive:

It's like talking about insurance:

One way to normalize the subject is to compare it to activating insurance for the unexpected or unwanted occurrences in life. Here, selecting long-term care is simply a way to face an undesirable crisis or unexpected transition in life. The discussion can focus on the various forms of care that a person can choose, ranging from home health aides to assisted living to nursing homes.

Emphasize autonomy and choice:

No one likes the idea of losing their independence. Everyone wants to see themselves as always being in control of their own decision-making. Center your discussion around the person's strengths and aspirations, and focus on the potential options and choices that they have. As they struggle with the current health crisis and inability to fully care for themselves, ask them what their Plan B is and if there isn't one, offer to work on it together. If they reflexively respond to a discussion about long-term care with an empathic "No" or "Never," ask about the consequences of not making a choice (i.e., someone else will make the choice for them). Such questions may prompt deeper insight and acceptance of their circumstances, which may lead to more expeditious decisions.

Sometimes the discussion is an end in itself:

Talking about long-term care doesn't mean that a person has to make a decision right away. There is value in the act of talking itself. A calm and measured discussion shows your concern and support. It enables the person to vent their feelings and talk about their values, choices and goals. It builds trust and strengthens your relationship, setting the stage for more detailed discussions and decisions—even ones that need to take place in the very near future.

Focus on transitions:

In many cases, long-term care is not a precipitous event but a gradual transition that starts with home-based services and becomes more structured over time. Educate yourself about all the locally available services and centers ahead of time and then bring this information to a discussion about what will be the least restrictive, most acceptable (and even desirable) option in the moment. Emphasize that the life changes leading to long-term care do not have to be so abrupt, drastic or irrevocable. Talking about and planning various pathways before a crisis can increase the likelihood of having time to make good choices. Help them to understand that the current situation could get much worse and would leave them with fewer choices if they don't act soon.

Involve professionals if needed:

When even the kindest and gentlest approaches don't work, you must consider whether the person is simply too angry, depressed, resistant or cognitively impaired to make a reasonable decision. This is a difficult space to be in. Forcing the issue can wreck a relationship. Ignoring the situation and hoping for the best will, sooner or later, limit your parent's options and control over the type of long-term care that's available. In those circumstances, it's key to involve mental health specialists who can assess the person's mental state and decision-making capacity. Perhaps you can alert these specialists about your concerns for your loved one's sustainability in their present living situation. Depending on their findings, they may be able to facilitate the conversation and help inform the most appropriate plan of action.

It's a tender undertaking, to ask someone to acknowledge setbacks or to contemplate their potential losses. But, armed with options, research and reassurance that much of what's most important can be preserved, your initiative can give your loved one a more healthful, secure and fulfilling future.



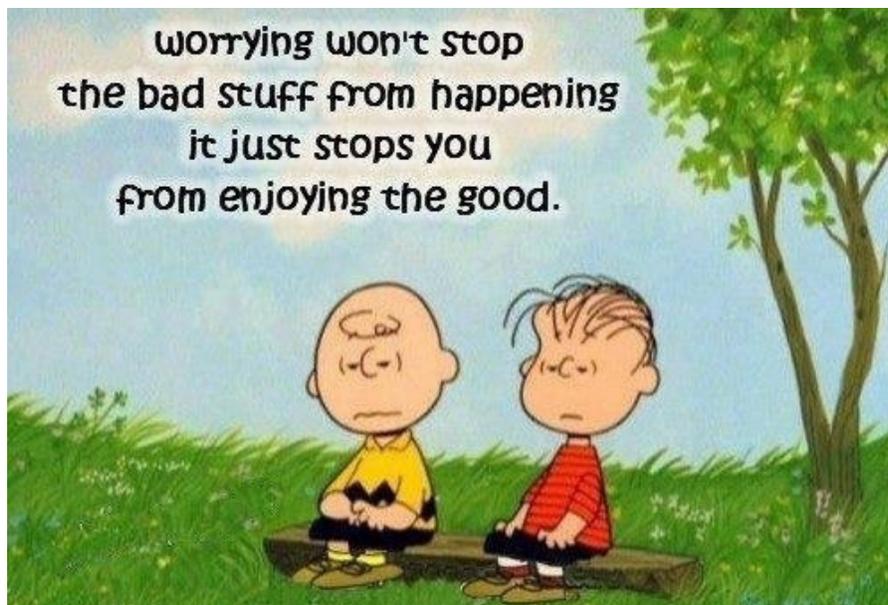
5 STEPS TO WORRYING LESS

Mindful.org | By : Elisha Goldstein



We've all heard the saying that in life there are ups and down and there is the classic eastern saying that life is filled with 10,000 joys and 10,000 sorrows. With this there's the wisdom that all things come and go, but the brain has a funny way of amplifying the sorrows and minimizing the joys for good evolutionary reasons. Whenever the brain perceived something as "bad" it starts to worry about it. But often times there is no real utility to the worry, it only serves to dig us into a deeper hole and blinds us to the joys that might be waiting around the corner.

Here is one of the best cartoons I've found that says it like it is:





5 STEPS TO WORRYING LESS

There really is no way to cure worrying, but we can learn to get better and better at recognizing it and gently guiding ourselves back to a sense of perspective and what matters

1. SOFTEN YOUR UNDERSTANDING OF WORRY

The utility of worry is to try and anticipate and avoid any potential dangers and to keep us safe. It's the brain trying to protect us and so worrying certainly has its place and time. But often times worrying only serves to ramp up our nervous system and kick us into an imbalanced place that only leads to more worrying. The brain has good intentions, but it leads us down a destructive vicious cycle.

2. ALLOW AND ACCEPT THE FEELING OF FEAR

Worrying usually arouses the feeling of fear or anxiety. In this mindful step, we're simply acknowledging that this feeling is here. Calling it out. We want to do the opposite of resist it, because what we resist persists. So instead we practice allowing it to be as it is. Here you are just saying to yourself, "allowing, allowing, allowing."

3. FEEL INTO WORRY WITH KINDNESS

Now we have the opportunity to deepen our awareness and investigate the feeling. Here you may choose to put your hand on your heart or wherever you feel the sensation in your body. This is one way of signaling to the brain a sense of love or kindness to the feeling, which may shift it all by itself. The brain also has to map the sensation of the touch with is inversely correlated with mental rumination, turning the volume down on negative thinking.

TRY THIS SIMPLE PRACTICE:

- As you feel into worry you might ask, "What does this feeling believe?" Does it believe you are unlovable, unworthy, or perhaps that if you allow it to be, it will consume you?
- Ask the question, what does this feeling need right now? Does it need to feel cared for, to feel secure, to feel a sense of belonging?
- Whatever the answer, see if you can plant these as seeds in yourself. For example, you can plant the seeds of intention saying, "May I feel safe and secure, may I be free from this fear, may I feel a sense of belonging." Make this personal to whatever your needs are.



4. EXPAND YOUR AWARENESS OUT TO INCLUDE ALL PEOPLE

Whatever the worrying is about, it's important you know you're not alone. Feeling vulnerable is part of the human condition and millions of people struggle with the same source of vulnerability that you experience. But when we're feeling vulnerable with anxiety it often times is all about us, we need to also impersonalize the experience and get outside of ourselves. You can do this by imagining all the other people who struggle worrying and wish them all the same intentions that you just wished yourself.

For example, May we all feel a sense of safety and security, May we all be free from the fear that keeps us stick in a perpetual cycle of worry, May we all feel that sense of belonging, etc...

5. REPEAT STEPS ONE THROUGH FOUR AS OFTEN AS NECESSARY

If you notice, steps one through four spell the acronym SAFE so you can easily remember what it is and what it's for. As you intentionally practice this over and again, in time you will notice that you start to become less reactive to the worried mind, more compassionate with yourself as it arises, and even have perspective that this worrying is part of the human condition and you are not alone.

When we're able to turn the volume down on worrying in our lives, what will be there instead? For many people, it's a sense of spaciousness, ease, and joy.



Save the Date



CAREGIVING DURING WORK HOURS

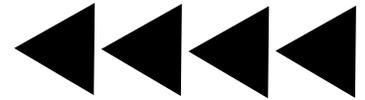
How do you manage the difficult tasks of making sure your loved ones get the care they need and continuing to function on your job?

This presentation will give you tips to help with caregiving roles, how to manage caregiver burnout, and discuss resources available in the community and online.

Wednesday | May 15th
12 PM - 1 PM
Godchaux Nursing Annex 166



Guest Speaker
Debra King, LMSW
Elder Care Coordinator
Takacs McGinnis Elder Care Law



5/1

In recognition of Better Hearing and Speech Month in May, the [Vanderbilt Audiology Clinic](#) in the Department of Hearing and Speech Sciences is offering free hearing screenings. Appointments can be made by phoning 615-875-5605.

5/2

5/3



5/10

10:00 - 1:00 PM

[Matthew Walker Comprehensive Health Center's 10th Annual Senior Expo](#)

There will be 25 agency resource booths, screenings, door prizes, agency giveaways, hand massages, and more! Brown bag lunch also provided.

5/11

9:30 - 11:00 PM

Wellness expert and Nashville Yogi Lauren Zoeller will be hosting a FREE yoga class at the Wholesome Health Lounge on Music Row. Come for mimosas, LIVE music, FREE juice from Clean Juice, alkaline water, FREE blowouts, free therapeutic sound room sessions, wellness vendors and MORE!



5/20

2:00 - 3:00 PM

[Music for Seniors](#) presents Janelle Means with Soul Vibes Collective-join us for a set of Motown & RnB classics! This is a FREE daytime concert series.

Email: sarah@musicforseniors.org

Phone: 615.330.1937



3rd Annual Elder Care Expo

When

May 23, 8:00 AM - 2:00 PM

Where

Gallatin First United Methodist Church,
149 W Main St, Gallatin, TN 37066, USA

[Register Now](#)



Heritage Law Group is delighted to announce the 3rd Annual Elder Care Expo. Seniors, caregivers, and families from Middle Tennessee and Southern Kentucky will meet exhibitors, enjoy complimentary breakfast and lunch, and attend seminars by legal and medical professionals to learn about the many resources available. This exciting event hosted by Heritage Law Group, PLLC will benefit Salvus Center, Inc.

8:am - Registration

8:45am - Welcome

9am - "Elder Care Explained" with Jake Mason, J.D., LL.M. (Elder Law & Estate Planning),

10am - "Primary & Geriatric Care" with Rev. Dr. Ted W Hill, MD

11am - "Healthy Aging" with Celeste L. Lee, MBA, MS, PhD, Licensed Nutritionist

12pm - "Understanding The Continuum of Care" with Healthcare Provider Panel

1pm - "Dementia vs Aging and Memory Loss" with Megan E Mason, MD, Neurology,
Saint Thomas Medical Partners-Gallatin/Sumner Medical Group

