

CALENDAR

Winter 2009

CLASSES

Unless otherwise noted, classes cost \$5.

A Matter of Balance

Often people develop a fear of falling and begin to limit their activities, resulting in physical weakness and greater risk of falls. In this class participants learn to set realistic goals to increase activity, make changes to reduce fall risks, and learn simple exercises to increase strength and balance. Cost is \$15 for this eight-session class, including workbook and free water bottle. Registration required by calling 425-688-5800.

When: Mondays and Wednesdays, March 2 - 25, 10 a.m. - noon or Tuesdays and Thursdays, April 7 to 30, 10 a.m. - noon
Where: Bellevue Community College, North Campus, 10700 Northup Way, Bellevue (corner of 108th Avenue NE. and Northup Way)

Understanding Long-Term Care Insurance Policies

Whether you already have a long-term care insurance policy or might consider one in the future, learn how to understand and compare policies, plans and providers, not just the premiums. Registration required by calling 425-688-5800.

When: April 28, 10 a.m. to noon or 7 to 9 p.m.
Where: Same as above.

Living Wills

Does your family know your wishes? Learn how to develop your own advance directives through a workbook for living wills, durable power of attorney and values statements. Class is free and advance registration is required by calling 425-556-2314.

When: March 18, 10 - 11:30 a.m.
Where: Redmond Senior Center, 8703 160th Ave. NE, Redmond.

Heart Healthy Nutrition

As we age, we still need plenty of vitamins and minerals, but less fat and calories. But how do we do that? An Overlake wellness dietitian will review guidelines and give ideas for eating well and staying healthy. Cost is \$6 to Bellevue residents and \$7 to non-residents. Advance registration required by calling 425-452-7681 and mentioning class # 37336.

When: Monday, March 23, 1 - 2:30 pm
Where: North Bellevue Community Center, 4063 148th Ave. NE, Bellevue.

Keeping Your Memory Healthy

Where did I put my keys? What was I going to get at the store? These are questions that can be heard on a daily basis from seniors. The best way to keep your memory working well is to actively use it and to stay healthy. An Overlake senior health social worker will give a variety of tips and explain how to give your brain a daily aerobic workout to help keep it healthy. No registration required. The cost is \$5 for non YMCA members. For more information, call 425-746-9900.

When: March 11, 11:30 a.m. - 12:30 p.m.
Where: Bellevue YMCA, 14230 Bel-Red Rd., Bellevue.

SUPPORT GROUPS

Alzheimer's Caregivers Group, 1st Thursday each month, 3-4:30 pm, Community Center at Mercer View. Call 206-230-0166.

Alzheimer's Family Support Group, meets the 3rd Monday each month, 3-4:30 pm, EADS - Bellevue Center. Call 425-688-5800.

Bereavement Support Group, 2nd and 4th Mondays each month, 7-8:30 pm, Overlake Cancer Resource Center. Call 425-688-5986.

Caregivers of Older Adults Support Group, 2nd and 4th Thursdays, 3-4:30 pm, Overlake Senior Health Center. Call 425-688-5807.

Caregivers Support Group, 2nd and 4th Mondays, 10 - 11:30am, Northshore Senior Center. Call 425-486-4564.

Caregivers Support Group, 3rd Thursdays, 1 - 2pm, Sno-Valley Senior Center. Call 425-333-4152.

Family Caregiver Support Group, 2nd Tuesdays, 3-4:30 pm, Mercer Island Senior Health Center. Call 425-688-5637.

Low Vision Support Group, 4th Thursday, 1:30 pm, Community Center at Mercer View. Call 206-230-0166.

Parkinson's Caregivers Group, 2nd Thursdays 1:30pm, Community Center at Mercer View. Call 206-230-0166.

Parkinson's Group, 1st and 3rd Thursdays each month, 2:00 pm, Community Center at Mercer View. Call 206-230-0166.

Parkinson's Support Group, 2nd Tuesdays, 9:30-11:30am, Northshore Senior Center. Call 425-486-4564.

Stroke Support Group, for stroke survivors and caregivers meets the 1st, 2nd and 3rd Mondays each month, 1-2:30 pm, St. Andrew's Lutheran Church. Call 425-746-8396.

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care SHARING

Winter 2009

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Editor: Alison Nesmith

For your free subscription to the Caresharing newsletter call Overlake Hospital Senior Care at 425-688-5800 or email seniorcare@overlakehospital.org.

Resources for Family Caregivers of Older Adults



Retirement communities can offer compact and convenient apartments.

The upside of downsizing

Older Americans and their families have many new resources to help in the task of downsizing.

Whether they stay in their longtime homes or make the transition to something smaller, most elders grapple in some way with the challenge of downsizing in order to keep their lives both comfortable and manageable as they age. Susan Dailey, a Senior Care volunteer and social work intern, has seen several of her relatives take on this challenge, and their stories underscore the benefits that come from having a sound downsizing plan:

....When my Uncle retired, he and his wife decided it was time to downsize from their five-bedroom family home. They chose to review their belongings and keep only what they wanted and what would fit in their new duplex. This decision turned out to be wiser than they knew. Not long after they settled into their new home my Aunt was diagnosed with cancer and my Uncle became her full-time caregiver.

Having a smaller place to take care of has meant that my Uncle does not have to spend too much time with house chores and can spend more time caring for my Aunt.....

Changing the plan

....My Uncle remains a full-time caregiver, but as time has passed he too has developed some health issues. The two of them have discussed moving into an assisted living community to help reduce the work my Uncle does and give them more time together. With that in mind they have started to go through their belongings and give to their family members items that are meaningful to them. I was so happy and honored when my Aunt gave me some of her jewelry. It meant so much to me to hear her stories and it brought us closer together.

Big decisions

.... My mother's older sister has also managed quite well. She lived in her family home, surviving her husband and working until she was 70 years old. She was very active in many differ-

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Senior Care
Overlake Hospital Medical Center
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425-688-5800

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Winter calendar:
Balance class • Healthy eats • Support groups

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ent groups and enjoyed her retirement. However, in her 87th year she suffered from a stroke. Although she was able to regain some of her mobility it took many months of rehabilitation. It was clear that she would need help with activities of daily living and that it would no longer be safe for her to live in her two-floor, three-bedroom house. Her children came to her aid, they helped move her belongings into an assisted living facility, and what wouldn't fit they put into storage. Her children were able to sell her house which helped pay for her rehabilitation and her new assisted living home. My Aunt worked hard at her physical therapy and made a good recovery, but I know that she suffered from bouts of depression and anger, because she was not able to make the decisions about her belongings, selling her house, and deciding to move into a smaller facility.

As these two stories show, there are many reasons to encourage your loved ones to begin downsizing now:

- The sooner they begin the process the more they can count on having the health and energy to make the best decisions for themselves.
- They will have the chance to experience the satisfaction of sharing old stories and giving cherished possessions to loved ones.

- They can take advantage of an array of new resources to help in the downsizing effort from re-organizing rooms and removing clutter, to packing up furniture and moving to a new home.

Downsize now

The following list contains downsizing resources available locally and/or on the Internet. Please call Overlake Hospital Senior Care at 425-688-5800 if you would like more information about how to start this process with your loved ones.

Ladybug Moving and Estate Sale Services
206-235-6707
www.ladybugmoving.com

Total Transitions
425-822-6873
www.totaltransitions.net

Segue Move Management Services
206-729-6686
www.seguemovemanagement.com

Moving Forward
425-702-8761

National Association of Senior Move Managers
877.606.2766

www.nasmm.org
Maintains a membership database of local moving resources
Members are required to carry liability insurance

A burgeoning industry

With our citizenry aging rapidly – over-85 's are the fastest growing segment of our population – by 2030 elderly will make up one-fifth of all Americans. As we can see all around us, this has led to huge growth in senior housing options.

It has also given rise to innovative new services aimed at the aging market. A brief survey of resources on-line offers a long list of services that are now available to help families launch into the daunting task of downsizing. You and your loved ones may seek assistance to:

- Sort possessions that are no longer needed or wanted
- Pack and distribute beloved treasures to family and friends
- Arrange for the most profitable disposal of items including auction, consignment, garage sales and sale on E-bay
- Coordinate donations of reusable items to charity
- Facilitate disposal of unusable items
- Assist in finding new home
- Organize wanted possessions
- Develop floorplan for new home
- Identify and hire movers
- Pack and unpack items

Downsizing is a difficult job, but once accomplished, many families feel released from the clutter and the burden. Check out the box (center of this page) or call Senior Care at 425-688-5800 for more information on downsizing resources in our area.

Thank you to Susan Dailey for sharing her own family stories in compiling this article.

2009 Active Senior Fair

Saturday, March 14
10 a.m. to 3 p.m.
Westminster Chapel of Bellevue
13646 NE 24th Street, Bellevue

Enjoy this fun, FREE day-long event that features enjoyable live entertainment, including a fashion show and a variety of entertainers. Sit in on various mini-seminars and stroll through

vendor exhibits highlighting a wide variety of Eastside businesses and organizations.

The entire day is geared to the active senior. You can take advantage of a variety of free screenings including blood pressure checks. Attendees receive free samples, discount coupons, door prizes and more.



Parking is convenient and free. No registration is required and there is no entrance fee. A \$5 suggested donation will support Senior Care's community education programs.

If you have questions about this popular annual event, please call **Senior Care at 425-688-5800.**

Call us



Need help problem-solving? Senior Care is here for you.

Caregivers often report that one

of the best remedies for feeling overwhelmed is to talk about their situation with someone experienced with caregiving issues. The staff at Senior Care can help you not only identify problem areas, we can also show you what options are available and assist in developing a plan of action that works within your busy schedule. By focusing on what you can do, you may be able to escape some of the worry and have time to pursue other things that are important to you.

Overlake's Senior Care program offers **free information and assistance** on a wide variety of community resources. Consider giving Senior Care a call today – at **425-688-5800** – to discuss:

- ✓ Options for private pay medical and non-medical in-home services
- ✓ Ways to make your home safe and decrease the risk of falls
- ✓ Caregiver support groups, classes, and newsletters
- ✓ Short term care (respite) for a loved one
- ✓ Daily living help, such as in-home equipment to aid with eating,

dressing, exercising, etc.

- ✓ Medicare and long term care insurance
- ✓ Medication safety and record-keeping forms
- ✓ Senior housing choices
- ✓ Advance directives, such as living wills or durable power of attorney for health care
- ✓ Health and wellness programs sponsored by Overlake
- ✓ Community health classes to better understand and manage healthcare concerns
- ✓ Additional community services for seniors and their families

Give yourself a break

If you're a caregiver, keeping a positive attitude is helpful, and understanding your own physical and emotional limitations is paramount to your well-being.

Our Eastside community offers a variety of respite care options for people who need to take time away from caregiving demands. Senior Care's Directory of Respite Care Services lists almost 100 resources – from free volunteer services and adult day centers to nursing homes that offer vacation care – that can help you gain needed time to yourself. Download a copy of the Respite Care Directory (go to www.overlakehospital.org, then click on Programs, Senior Care and Resources) or give Senior Care a call at 425-688-5800. We will be happy to assist you.

Finding ways through dementia

If you are caring for a loved one with dementia you may want to attend an upcoming class designed to provide families and caregivers with practical tools for dealing with people affected by memory loss. Good communication on the part of caregivers is a key factor in helping improve quality of life and prevent resistance and difficult behaviors. By gaining a greater understanding of the world of the person with dementia, you can strengthen your ability to meet this difficult caregiving challenge. Sponsored by the local chapter of The Alzheimer's Association along with Overlake Hospital Medical Center, the class costs \$5 and will take place at the time and place listed below:

Date: Wednesday, April 8, 2:30 to 4 p.m.

Location: Bellevue Community College, North Campus, 10700 Northup Way, Bellevue (corner of 108th Avenue NE. and Northup Way)

Please note that this class is not appropriate for the memory-impaired person. Pre-registration is required. To reserve your spot or obtain more information about this opportunity, please call **Senior Care at 425-688-5800.**