

CAREGIVERS

ISSUE 13, NOVEMBER 2022

Guide

**Penney Retirement Community,
The Joy of Retirement**
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**Importance of caregivers
caring for themselves**

The joy of retirement

Pets affect senior's lifestyles

**Understanding dementia a
key to compassionate care**

Explore resources for caregivers

**5 ways to show seniors
they're appreciated**

*Joy Carol resident of Penney Retirement Community.
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Welcome

Being a caregiver is challenging and rewarding. As the nation celebrates National Hospice Palliative Care Month this November, we join healthcare professionals everywhere to honor and support the work caregivers do day in and day out. Our goal is that you find the information provided here as not only a comfort but a resource for the coming year as well as energize you, help in making decisions and assist you with finding the right resources for yourself or your loved one.

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Importance of caregivers caring for themselves

Whether for a friend or family member, many of us have played the role of caregiver at some point in our lives and we all have no doubt benefited from a loved one's care. In 2015, the National Alliance for Caregiving and AARP reported that more than 43 million caregivers provided unpaid care to an adult or child in the previous year. More than 34 million Americans provided unpaid care to an adult age 50 or older in that same time period. As a caregiver's role evolves over time, at least one thing remains the same: the importance of caregivers making time for self-care.

Think about it. When you get on a plane and the flight attendants run through the emergency instructions, they tell you to put your own oxygen mask on first and then assist others. The idea is that you can't care for other people if you haven't effectively cared for yourself. This analogy helps us understand the importance of remembering to care for ourselves while we care for others.

"As a hospital chaplain, I visit with many patients and their families. Often, it's evident that those who are caring for their loved ones have not taken the time to take care of themselves," said Rev. Melinda House, chaplain at St. Vincent's Clay County. "It is of utmost importance for caregivers to care for themselves, so they can care for others. If they don't take time to rest, there is nothing left to give their loved ones."

According to the National Center on Caregiving, family caregivers report problems tending to their own health and wellbeing including sleep deprivation, poor eating habits, and postponement or failure to make medical appointments for themselves.

"I can't possibly overstate the importance of self-care, especially for caregivers. In order to most effectively care for others, we must take care of our own mental, physical and spiritual health," said Dr. David El Hassan, physician at St. Vincent's Primary Care in Clay County. "Caregivers, particularly those caring for someone with extensive chronic diseases, must always be mentally focused on the task at hand. If we aren't caring for ourselves, it can negatively affect how we care for others."

Often times, caregivers feel guilty if they provide any level of attention to themselves because they think it means a lack of attention to those in their care. The National Center on Caregiving offers the following advice:

- Reduce your personal stress and work to manage it
- Set goals on what you would like to accomplish in the next three to six months
- Seek solutions
- Communicate constructively and try to get the support you need
- Don't be afraid to ask for and accept help
- Talk to your loved one's physician about your health, too
- Make time to exercise, which promotes better sleep, reduces tension and increases energy
- Learn from your emotions and recognize when they are controlling you

Experts say it really is up to each caregiver to make the time to care for themselves, but this time is crucial, not only for them, but for those who are in their care.

— St. Vincent's HealthCare

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Independent living residents can visit the Wellness Clinic staff Monday through Friday from 7am – 4pm. In addition to the numerous physicians that utilize our clinic space to see our residents, we have a full time nursing staff that can assist you with various medical needs.

Nurse Responder

Residents can contact the nurse responder who makes house calls on a 24/7 basis.

Rehab Services

Penney offers a full service rehab center that provides physical therapy, occupational therapy and speech therapy on both an outpatient and inpatient basis.

Assisted Living

Beyer House and Penmor Place are our assisted living centers that provide care for residents who need individualized support and care. Both facilities are comfortable apartments, with 24-hour supervision, housekeeping, personal laundry service and assistance with activities of daily living as needed. Residents in assisted living can dine in the centers' dining rooms or continue to dine in the main dining room.

Hagen Care Center

Hagen Care Center is a residence for individuals with Alzheimer's disease who require dementia care. Hagen offers 20 beds in a home-like atmosphere that simulates a small-town environment. Respite services are also available on a daily basis.

The Pavilion for Health Care

The newly constructed Pavilion for Health Care has the capacity to serve individuals in need of short-term rehabilitation, as well as, those who need home-like 24-hour nursing care. The 50-bed Pavilion was designed with substantial input from Penney residents themselves. Our goal is to blend state-of-the-art skilled care nursing with individualized, loving care for our residents. The Pavilion for Health Care has earned the Governor's Gold Seal Award for Excellence in Long Term Care for over 20 years.

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THE JOY OF RETIREMENT:

Joy Carol resident of Penney Retirement Community.

Joy Carol, author, preacher, speaker, international development worker, has personally lived through nine close encounters with death. After one of her most recent encounters, she moved to Penney Retirement Community (Penney) to find a safe and supportive place to live life fully and meaningfully.

For over 35 years, Joy has worked in developing countries in Asia, Africa, and Latin America for organizations such as Save the Children, the United Nations, the Ford Foundation, Christian Children's Fund. She began her international work by developing schools and adult literacy programs in some of the poorest, neediest and remote places in the world in Karachi, Pakistan.

When Joy returned to the USA, she once again took up her much-loved work as a teacher. While teaching in Boulder Colorado, she was honored to win the Junior Chamber of Commerce's Outstanding Young Educator Award in Boulder, then in Colorado State, and finally won the Outstanding Young Educator Award of the United States.

After 35 years of international work, Joy entered the General Episcopal Seminary in NYC to create and develop a ministry involving preaching, leading retreats and workshops, speaking, and spiritual direction. Several years after her graduation from seminary, the tragedy of 9/11 shocked the nation. As a Red Cross Chaplain, Joy worked at the site of the World Trade Center in NYC.

Soon, Joy began to write about her experiences which have been published in nine books. For ten years, she served as an author, an itinerant preacher, and a retreat and workshop leader across the United States and Europe.

Then, her whole world changed. In the summer of 2013, Joy traveled to Greece with one of her friends. They often walked down a steep path to an immaculate beach to enjoy the water. But, Joy's legs felt heavy in the water, and she struggled to climb back up the path. When she returned to New York City, she started falling: on the streets, on the subway stairs, in her apartment, everywhere.

Finally, one foot wouldn't move in front of the other. She was admitted to the hospital without any diagnosis. A neurologist sent Joy's spinal fluid and blood to the top research labs in the USA. Weeks later the diagnosis came from Mayo Clinic: a rare, fatal illness called Paraneoplastic Syndrome, where one's own antibodies can destroy a person's central nervous system. The antibodies had damaged the connection between Joy's brain and her legs causing her to lose the ability to walk.

In 2014, Joy moved to Penney Retirement Community which is close to Mayo Clinic. Penney is a place where Joy can connect with others who have served in other countries and in the United States. Here at Penney, she has been helped to live her life with amazing support and care. Today she is writing her tenth book, preaching, speaking, and enjoying her exciting life at Penney Retirement Community.



Joy Carol

Survey says....

Pets Affect senior's lifestyles

Study shows 82% wouldn't leave pets for senior home

A pet's companionship with seniors cannot be overstated, according to local Home Instead Senior Care franchise owner Betsy Miller.

Caregivers interact, walk or care for a pet in ways seniors can't in Home Instead's national Pets & Seniors program.

Miller said she wanted to educate people about the effect pets have on seniors. About 70% of seniors said their pet determined where they lived and 82% percent said they wouldn't leave their pet for a senior home, a Home Instead survey said.

Home Instead Gerontologist and Caregiver Advocate Lakelyn Hogan said pets became like family for most people.

"For many, their pets provide a source of comfort and help to keep the client at ease or reduce their anxiety," Hogan said in an agency press release. "Pets also act as a companion and constant friend."

Animals are a source of affection and assist combating loneliness, Miller said. When seniors can't take pets to nursing homes, Miller said some family members might not realize pets play an important role in the physical and mental health of seniors.

"It's about providing our clients an ability to keep and not have to give up their dog. It's really hard for someone to deal with that on top of maybe a loss of a loved one or leaving their home they've lived in for many years," Miller said. "We're spreading resources, knowledge and education," she said. "They have a sense of happiness for a moment. (Seniors) forget about their aches and pains for a bit and smile."

Miller said the Pets & Seniors service reaches between 200-250 families a year. She runs the franchise, based in Orange Park, with her husband Christian. It serves Baker, Duval and Nassau counties.

"We aren't the only ones understanding the importance of this. Haven Hospice and Community Hospice & Palliative Care, if someone gets sick, they have volunteers who can take care of dogs until people are available to come home," Miller said. "There are a lot of people helping seniors with supporting their pet ownership and the importance of how they help bring happiness and joy."

Understanding dementia a key to compassionate care

Alzheimer's disease is one of the more prominent forms of dementia, but there are many additional types of dementia that also can cause both physical and cognitive alterations. Understanding the complexity of dementia can be beneficial to both dementia sufferers and their caregivers.

Dementia is a general term used to define a decline in mental ability severe enough that it can interfere with daily life, offers the Alzheimer's Association. Alzheimer's disease is the most common type of dementia.

Dementia is not a disease but a term used to describe a wide range of symptoms. The words "senility" and "dementia" often are incorrectly used interchangeably. However, serious mental decline is not a normal part of aging.

Dementia presents itself through various symptoms, and memory loss alone is not enough to lead to a dementia diagnosis. Dementia can affect thinking and social abilities, but the Mayo Clinic notes that some dementias may be reversible. The following are some common symptoms of dementia:

- Trouble communicating or finding words.
- Difficulty completing complex tasks.

- Challenges with planning and organization.
- Episodes of confusion and disorientation.
- Memory loss, which is often noticed by a third party.
- Personality changes that can include agitation, anxiety, inappropriate behavior and even hallucinations.

Apart from Alzheimer's disease, which is a progressive disorder most common in people age 65 and older, there are other types of dementia. The second most common is called "vascular dementia." This results from damage to vessels that supply blood to the brain. This damage can be the result of stroke, smoking and other blood vessel conditions. Brain imaging can often detect blood vessel problems implicated in vascular dementia.

Dementia with Lewy bodies, or DLB, is another dementia that laymen may mistake for Alzheimer's disease. The Alzheimer's Association notes that people with DLB often have not only memory loss and cognitive problems common in Alzheimer's, but they also display initial or early symptoms such as sleep disturbances, well-formed visual hallucinations, slowness, gait imbalance or other Parkinsonian movement features, which can lead to misdiagnosis.

If physicians suspect dementia was caused by various factors, a person may be diagnosed with mixed dementia.

Unfortunately, there are no cures for progressive dementias that are linked to plaque tangles in the brain and changes in the way the brain processes the protein alpha-synuclein. Patience and various medications may be needed to help those with dementia live fuller lives. Cholinesterase inhibitors are mainstays in dementia treatment. These medications prevent the breakdown of acetylcholine, a chemical messenger important for learning and memory. Acetylcholine supports communication among nerve cells by keeping acetylcholine levels high. Physical therapy and cognitive therapy may be used in conjunction with medication to assist those with various dementias.

Helping individuals with dementia remain comfortable is a priority for caregivers, and understanding the symptoms and treatments can help caregivers make patients and loved ones as comfortable as possible.



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EXPLORE RESOURCES FOR CAREGIVERS

Caregivers are called on to step in for any number of reasons. Some serve as companions to the elderly, while others assist those with debilitating diseases like cancer. While many caregivers are professionals hired for their services, a good number of caregivers are informal — meaning they are family members or friends assisting loved ones.

Even though they are trying to help others, caregivers often must confront a form of stress known as caregiver burnout. The Cleveland Clinic states this stress is marked physical, emotional and mental exhaustion that occurs in caregivers. This burnout may lead to fatigue, anxiety and depression.

While there may not be a way to completely eliminate all caregiving stress, there are some ways to prevent burnout. Utilizing various resources can be a start. Here's a look at some available caregiver resources.

- **Trusted friend:** Find someone you trust with whom you can discuss your feelings, including any frustration you may feel. This can be a neighbor or a coworker with whom you feel comfortable sharing personal details.
- **Support groups:** Support groups can provide safe spaces to vent with others who are in the same boat. Houses of worship may host support groups, or you can find out about meetings through hospitals or from personal doctors. The National Family Caregiver



Support Program was established in 2000 and provides grants to states and territories to fund a range of support that assists family and informal caregivers to care for their loved ones at home for as long as possible. Other groups include Caregiver Action Network and Family Caregiver Alliance.

- **Respite care services:** Respite care services provide temporary breaks for caregivers by enabling the sick, elderly or injured to stay in care facilities for anywhere from a couple of hours to a few days. Some respite care services will provide short-term, in-home care as well.
- **Professional therapist:** Many therapists are trained to counsel individuals who have particular issues. Some may specialize in grief or even caregiver needs. Utilize their services if speaking with a confidante is not enough.

Caregivers often put the needs of others before their own. But they may need a little help along the way, which is where caregiver resources can come into play.

5 ways to show seniors they're appreciated

Senior citizens account for a significant percentage of the overall population. Estimates from the U.S. Census Bureau released in 2020 indicate the nation's 65-and-older population had grown by more than one-third over the preceding decade. By 2050, the number of senior citizens is expected to be close to 90 million. As of 2021, Statistics Canada reported there were roughly 7.1 million persons age 65 and older living in Canada.

People are living longer than ever, and as individuals age, the demand for senior services continues to grow — as does the need to be patient and respect the elderly. There are many ways to show seniors just how much they're appreciated.

1. **Help with chores.** Lend a hand with chores around the house that may have grown difficult for seniors. This can include mowing the lawn, weeding garden beds, shoveling snow, raking leaves, or even taking the garbage pails in and out on collection days.
2. **Visit more often.** Frequent visits are one of the simplest ways to show seniors you care. Whether seniors live in a private home or managed care facility, visitors brighten their days, especially if they no longer get out and about as frequently as they once did. Spending time together



and sharing stories can bring smiles to the faces of older adults.

3. **Plan activities with seniors in mind.** When organizing parties and special events, consider the needs of seniors on the guest list. Add music from their era to playlists or DJ requests. Seat seniors with mobility issues near exits and restrooms. Make sure to arrange for photos with the guest of honor to keep family history alive.
4. **Thank seniors.** Find any reason to thank a senior. Perhaps someone served in the military or volunteered their time with children. Celebrate accomplishments big and small with a simple "thank you."
5. **Prepare a meal.** Invite a special senior over for a home-cooked meal with the family. Make it a regular occurrence on the calendar. If he or she cannot get out easily, bring a hot meal over to his or her place, instead.

Simple gestures of gratitude and appreciation can brighten a senior's day and let that person know he or she has not been forgotten.



Power of Attorney

Protects loved ones

Life is full of the unexpected. But just because the future is unpredictable does not mean adults cannot prepare for what lies ahead. Estate planning is important, and establishing power of attorney can be essential for men and women looking to protect their financial resources and other assets.

What is power of attorney? A power of attorney, or POA, is a document that enables an individual to appoint a person or organization to manage his or her affairs should this individual become unable to do so. According to the National Caregivers Library, POA is granted to an "attorney-in-fact" or "agent" to give a person the legal authority to make decisions for an incapacitated "principal." The laws for creating a power of attorney vary depending on where a person lives, but there are some general similarities regardless of geography.

Why is power of attorney needed? Many people believe their families will be able to step in if an event occurs that leaves them incapacitated and unable to make decisions for themselves. Unfortunately, this is not always true. If a person is not named as an agent or granted legal access to financial, medical and other pertinent information, family members' hands may be tied. In addition, the government may appoint someone to make certain decisions for an individual if no POA is named.

Just about everyone can benefit from establishing an attorney-in-fact. Doing so does not mean men and women cannot live independently, but it will remove the legal barriers involved should a person no longer be physically or mentally capable of managing certain tasks.

Power of attorney varies. Power of attorney is a broad term that covers various aspects of decision-making. According to the legal resource 'Lectric Law

Library, the main types of POA include general power of attorney, health care power of attorney, durable power of attorney, and special power of attorney. Many of the responsibilities overlap, but there are some subtle legal differences. Durable power of attorney, for example, relates to all the appointments involved in general, special and health care powers of attorney being made "durable." This means the document will remain in effect or take effect if a person becomes mentally incompetent. Certain powers of attorney may fall within a certain time period.

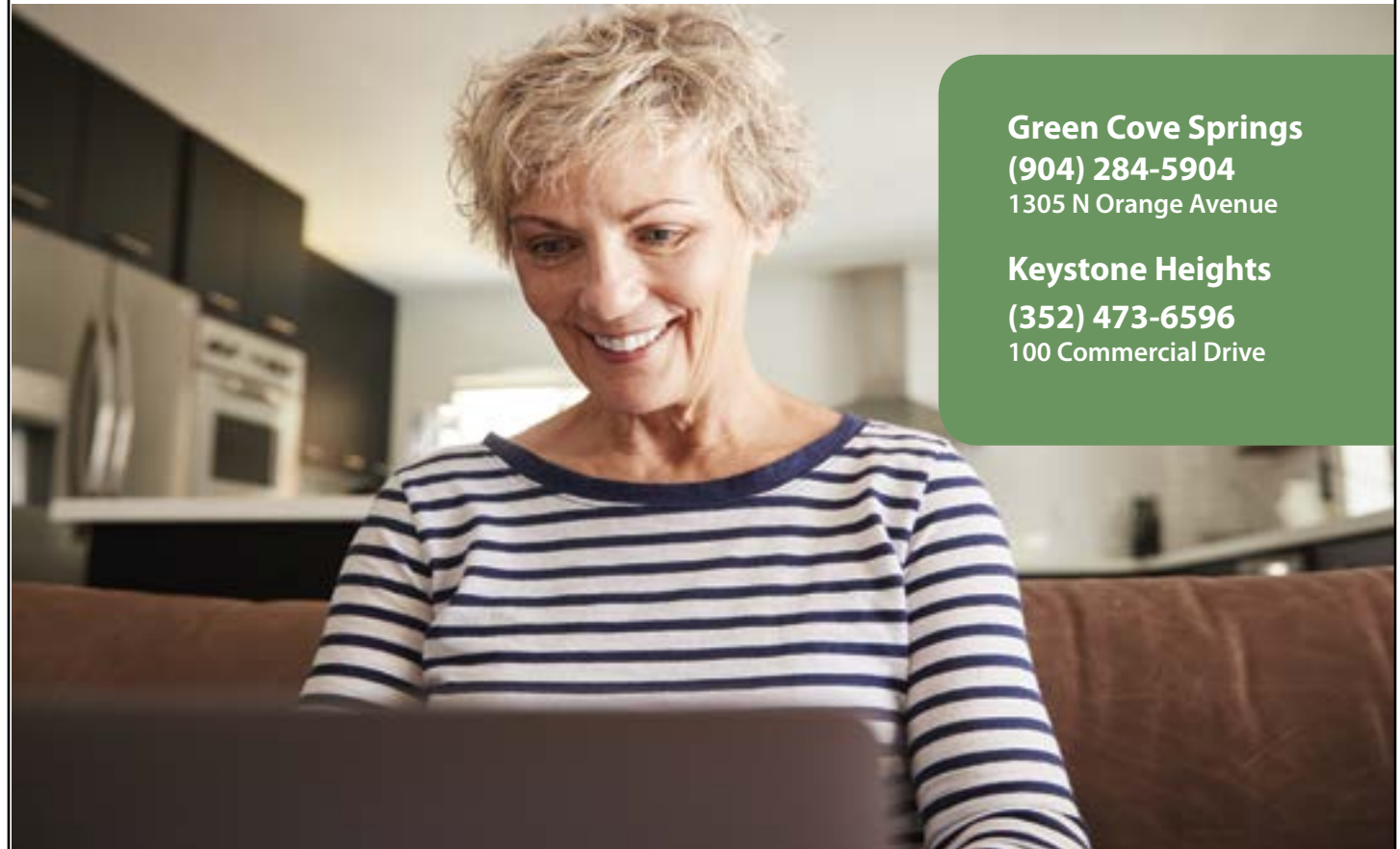
What is covered? An agent appointed through POA may be able to handle the following, or more, depending on the verbiage of the document:

- banking transactions
- buying/selling property
- settling claims
- filing tax returns
- managing government-supplied benefits
- maintaining business interests
- making estate-planning decisions
- deciding on medical treatments
- selling personal property
- fulfilling advanced health care directives

Although a power of attorney document can be filled out and an agent appointed on one's own, working with an estate planning attorney to better understand the intricacies of this vital document is advised.



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Aaron Bivens, Managing Funeral Director Aaron is a product of Clay County. After graduating from St. Johns Country Day School in Orange Park, he received his bachelor's degree in business administration. He says that serving his community as a licensed funeral director has been a lifelong dream. He is truly committed to serving families during their most difficult times.

Burney Bivens, Licensed Funeral Director in Charge Burney served 20 years in the USMC and the Navy. He has a bachelor's degree in mathematics and a master's degree in business management. As an attorney for 36+ years, Burney has represented several local funeral homes and their clients in all matters related to the funeral industry. He brings passion, commitment and dedicated service.

Kathryn Sterling (Katie), Funeral Director Katie has funeral directing experience in Ohio and Pennsylvania. She relocated to Florida and joined our firm as a result of her U.S. Navy husband's service in Jacksonville. Her professionalism and customer service experience together with her attention to detail are a great asset to Aaron and Burney Bivens and to the community.

Randy Frasier, Licensed Funeral Director Randy is a lifelong resident of Jacksonville. Having worked in customer service at various financial institutions, Randy has also completed his training

in Mortuary Science and is now a Licensed Funeral Director. His experience and passion for customer service and working in this community has already proven to be a tremendous asset to our business and our clients.

Athiel "Josh" Jones, Funeral Services Associate Josh served 25 years in the Navy. He served as a flight crew member flying reconnaissance missions in Vietnam. Josh has a bachelor's degree and a law degree. He has been an attorney for 37 years. Prior to moving to the First Coast, Josh worked as a contract negotiator and for the New York State Unemployment Insurance Appeals Board.

Eddie Childs, Funeral Services Associate This Navy veteran has lived and worked in the North Florida area for more than 20 years in various customer service positions. He and his wife are very active in their church and the community. Eddie is very passionate about the funeral services industry and has proven his support and passion for this establishment and our clients.

Adria Bivens, Communications Director Adria is a Clay County native having graduated from St. Johns County Day School in Orange Park and has both a bachelor's and a master's degree in communications. She is an asset, assisting our staff and families with all communications, obituary notices and outreach programs.

Clarence Bryant, IT Director With the advancement of computerized systems, information technology maintenance and administration has become a necessity. Clarence has many years of IT experience in the banking industry and brings that training and experience to Aaron and Burney Bivens. He has already proven to be a great asset to the smooth operation of our business.

Our administrative staff is led by **Barbara Bivens**, a retired teacher and 40-year Clay County resident. Having an experienced staff to assist the Funeral Directors and customers is very important and has proven very helpful.



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