

# Caregiver Assistance News

“CARING FOR YOU... CARING FOR OTHERS”

## Elder Abuse – Covid-19 Financial Scams

Fraudsters are offering Covid-19 tests and Medicare prescription cards in exchange for personal details, including Medicare information. These services are unapproved and illegitimate.

These scammers use the coronavirus pandemic to benefit themselves. The personal information collected can be used to fraudulently bill federal health care programs and commit medical identity theft.

### Protect Yourself from Covid Scams

- ✓ Offers to purchase Covid-19 vaccination cards are scams. Valid proof of Covid-19 vaccination can only be provided to individuals by legitimate providers administering vaccines.
- ✓ Photos of Covid-19 vaccination cards should not be shared on social media. Posting content that includes your date of birth, health care details or other personally identifiable information can be used to steal your identity.
- ✓ Be vigilant and protect yourself from potential fraud concerning Covid-19 vaccines. You will not be asked for money to enhance your ranking for vaccine eligibility. **Government officials will not call you to obtain personal information in order to receive the vaccine.**
- ✓ Beneficiaries should be cautious of unsolicited requests for their personal, medical, and financial

information.

Medicare will not call beneficiaries to offer Covid-19 related products, services, or benefit reviews.

- ✓ Be suspicious of any unexpected calls or visitors offering Covid-19 tests or supplies. **If you receive a suspicious call, hang up immediately.**
- ✓ Do not respond to or open hyperlinks in text messages about Covid from unknown individuals.
- ✓ Ignore offers or advertisements for Covid testing or treatments on social media sites. If you make an appointment for a Covid test online, make sure the location is an official testing site.
- ✓ Be aware of scammers pretending to be Covid contact tracers. **Legitimate contact tracers will never ask for your Medicare number, financial information, or attempt to set up a Covid-19 test for you and collect payment information for the test.** If you suspect Covid-19 health care fraud, report it immediately online or call 800-HHS-TIPS (800-447-8477).



## Spotting Possible Financial Scams

Predators robbing seniors of their savings has been called “the fastest-growing crime in the country.”

Most seniors never report abuse, even when they know their funds are being taken, because they’re overwhelmed at the idea of involving the police, or fear being forced to go to a nursing home or are ashamed, especially when the abuser is a family member or caregiver. Isolation of the victim by the perpetrator is a strong indicator of undue influence. Often the victim is already living alone and sometimes is removed from contact with outsiders, due either to physical limitations or a psychological fear of leaving the home.

The National Center on Elder Abuse estimates that only one in four cases of financial abuse is reported.

Unscrupulous people manipulate elderly people into giving their consent for financial transactions, so be aware of:

- \$ Sudden changes in a senior’s banking habits, such as frequent withdrawals being made through ATMs, especially if the victim is physically frail and has not previously used an ATM; transfer of funds to new accounts at banks with which the victim has had no prior connection, and frequent transfers of funds among several accounts.
- \$ Checks written to unusual recipients or large credit card transactions.
- \$ Sudden transfer of assets to a family member or acquaintance without a reasonable explanation.
- \$ Complaints of stolen pension or Social Security checks or credit cards.
- \$ New signatories added to an elder’s account.
- \$ Abrupt changes in a will or other financial documents.

**NOTE** Complaints about online shopping made to the consumer-protection agency rank first among the nearly 115,000 coronavirus-related fraud reports this year.

Online shopping complaints skyrocketed in April and May, when more than half the people complaining said they never got what they ordered. Early on, shady sellers set up websites offering hard-to-find products such as masks, sanitizer, toilet paper, thermometers and gloves. Sellers blamed the pandemic for shipping delays, then stopped responding to consumers, who in some cases were sent counterfeit or defective items or products not in the size ordered.

Source: AARP.org

## Taking Care of Yourself— Get that needed sleep. . .

You can easily become exhausted and depressed if you don't get enough sleep. Not only will you feel overwhelmed, but many physical illnesses have been linked to sleep deprivation. These include a reduction in natural immunity to infections and diseases, an increased sensitivity to pain, appetite changes and weight gain, and an increased risk of diabetes. Caregiving demands can easily extend to 24 hours a day in many cases. Plan ahead, so you don't become sleep deprived, because when it occurs, judgment and mood changes can impair your problem-solving abilities. Some things you should do to assure proper rest and down time:

- ✓ Plan ahead for adequate relief and support—no one can be a caregiver 24 hours a day
  - ✓ Learn to listen to your body; recognize fatigue early and plan to rest
  - ✓ Openly express how you are feeling to those who support you
- Remember . . . alcohol, excessive caffeine, lack of exercise and a lack of routine make exhaustion worse.



### Inspiration

*If you want to go fast, go alone.  
If you want to go far, go together.  
African Proverb.*

## Live Life Laughing!

*This restaurant food is terrible.  
And such little portions!*



## Memory Care

People with Alzheimer's disease and all other dementia may forget to wash their hands or take other recommended precautions to prevent illness. In addition, diseases like Covid and the flu may worsen cognitive impairment due to dementia.

Source: Alzheimer's Association

## Caregiving in The Comfort of Home®

### Our Purpose

To provide caregivers with critical information enabling them to do their job with confidence, pride, and competence.

### Ordering Info

From the publishers of

*Caregiving in  
The Comfort of Home®*

*Caregiver Series*

### available from...

CareTrust Publications LLC  
PO Box 10283, Portland, OR 97296  
800-565-1533  
or [www.comfortofhome.com](http://www.comfortofhome.com)

Comments and suggestions welcome.

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## **SAFETY TIPS** – When to Seek Emergency Medical Attention

Because some of the symptoms of flu and Covid-19 are similar, it may be hard to tell the difference between them based on symptoms alone, and testing may be needed to help confirm a diagnosis. Look for **emergency warning signs\*** for Covid-19. If someone is showing any of these signs, **seek emergency medical care immediately:**

- ➔ Trouble breathing
- ➔ Persistent pain or pressure in the chest
- ➔ New confusion
- ➔ Inability to wake or stay awake
- ➔ Pale, gray, or blue-colored skin, lips, or nail beds, depending on skin tone

This list is not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you.

**Call 911 or call ahead to your local emergency facility:**  
Notify the operator that you are seeking care for someone who has or may have Covid-19.

Source: [CDC.gov](https://www.cdc.gov)

# Caregiver Assistance News

“ C A R I N G F O R Y O U ... C A R I N G F O R O T H E R S ”

## Q U I C K Q U I Z

Fraudulent telemarketers are a scourge on lonely elderly people. To help an elderly person avoid becoming a victim of fraud, suggest that certain common-sense rules be followed. Answer True or False to the questions below.

1. Government officials *will not* call you to obtain personal information in order to receive the vaccine.  
T F
2. Legitimate contact tracers will never ask for your Medicare number, financial information, or attempt to set up a Covid-19 test for you and collect payment information for the test.  
T F
3. Most seniors never report abuse, even when they know their funds are being taken, because they are overwhelmed at the idea of involving the police.  
T F
4. Be aware of a senior’s complaints of stolen pension or Social Security checks or credit cards or new signatories added to an elder’s account.  
T F
5. The National Center on Elder Abuse estimates that most cases of financial abuse are reported.  
T F
6. People with Alzheimer’s disease and all other dementia may forget to wash their hands to prevent illness.  
T F
7. Many physical illnesses have been linked to sleep deprivation such as a reduction in natural immunity to infections and diseases.  
T F
8. Be suspicious of any unexpected calls or visitors offering Covid-19 tests or supplies. If you receive a suspicious call, hang up immediately.  
T F
9. Alcohol, excessive caffeine, lack of exercise and lack of a routine—all make exhaustion worse.  
T F
10. It is okay to open hyperlinks in text messages about Covid from unknown individuals.  
T F

Name \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_



# JUNE 2021 Events

## VIRTUAL PHONE/VIDEO CAREGIVER SUPPORT GROUPS

### VIRTUAL ALZHEIMER'S & SUPPORT GROUPS

**WHEN:** THUR. JUNE 3rd BY: THE VIERA SENIOR LIVING

**WHERE:** 3010 Airline Rd. (in the theater)

**TYPE :** IN PERSON (MASK REQUIRED)

**TIME :** 6:00p.m.

**RSVP:** RESERVATIONS: Sherry

**PHONE:** (361)392-4000

**WHEN** WED. JUNE 9th BY: LINDALE CAREGIVER SOS

**TYPE:** Virtual Zoom Support Group

**TIME** 12 noon

**RSVP:** RESERVATIONS: Maryanne Mondragon

**PHONE:** (361)392-4000

**WHEN:** FRI. JUNE 11th BY: LINDALE CAREGIVER SOS

"DEMENTIA SPOTLIGHT CAFÉ"

**TYPE:** Virtual, Zoom Support Group

**TIME:** 10a.m. to 11a.m.

**RSVP:** (361)826-2343 RESERVATIONS: Maryanne Mondragon

**PHONE:** (361)563-4789 QUESTIONS: Karen Creekmore

**WHEN:** THUR. JUNE 24th BY: AREA AGENCY ON AGING

**TYPE:** Virtual Zoom or Phone Caregiver Support Group

**TIME:** 6p.m. (Evening)

**TOPIC:** "CAREGIVER'S HEALING JOURNEY"

:PRESENTER: Roxanne Mathis, Chaplin

FOR ZOOM: DOWNLOAD APP

**PHONE:** 1-346-248-7799

**WHO:** Meeting ID: 83015073536 Pass Code: 532092

### ALZHEIMER'S ASSOCIATION

**VISIT:** [alz.org/CRF](http://alz.org/CRF) to register or call: 800-272-3900

#### VIRTUAL/ PHONE CAREGIVER SUPPORT GROUP

**WHEN:** 1st & 3rd FRI, JUNE 4th & June 18th, 11a.m. to noon

**WHEN:** 2nd & 4th MON, JUNE 14th & JUNE 28th, 12:15-1:15pm

### CARING FOR THE CAREGIVER | UT Health | SAN ANTONIO

#### SUPPORTING CAREGIVERS

The Caring for the Caregiver program supports families living with Alzheimer's Disease and related dementias/ chronic diseases.

**PHONE** Call 210-540-8862 OR

**VISIT:** [utcaregivers@uthealthsa.org](mailto:utcaregivers@uthealthsa.org)

### Monthly Face to Face Dementia Educational Session

**Dr. N. H. Praderio, M.D. invites you to participate in an Alzheimer's Education and Support Program via Zoom**

**WHEN:** WED. JUNE 23rd

**TYPE:** Virtual Zoom or Phone Support Group

**TIME:** 5 p.m.

**RSVP:** Register to request your meeting link, ID number, password or mobile phone access number.

**PHONE:** (361)-826-2343

### GRANDPARENTS AND OTHER RELATIVES RAISING CHILDREN - GRRC

**WHEN:** TUES. JUNE 22nd

**WHERE:** 2910 Leopard St.

**TYPE:** IN PERSON

**TIME:** 10am to 11am

**TOPIC:** "COVID RECOVERY"

For Additional Information contact:

Felipa Lopez Wilmot

Family Caregiver Program Specialist

OR

Sally Edsill

NFCSP Administrative Assistant

Office: (361) 883-3935 (Felipa: Ext-5153)

(Sally: Ext-5156)



Facilitations are provided by:  
**THE NATIONAL FAMILY CAREGIVER SUPPORT PROGRAM**  
a program of  
Texas Health and Human Services



| Date                | Time   | Topic  | A LEADING VOICE FOR CAREGIVERS |
|---------------------|--|--|--------------------------------|
| Wednesday, June 2nd | 12:00 pm Eastern<br>11:00 am Central<br>10:00 am Mountain<br>9:00 am Pacific | <b>Frontotemporal Degeneration: What it is, What it isn't and What are the Signs and Symptoms with Sharon Hall</b> <i>This dementia is highly misunderstood, even in the medical community, and takes families up to 4 years to get a proper diagnosis. She will explain what signs show up first, how to get an accurate diagnosis, and what to do after you receive the diagnosis.</i>   |                                |
| Monday, June 14th   | 1:00 pm Eastern<br>12:00 pm Central<br>11:00 am Mountain<br>10:00 am Pacific | <b>Maximizing Medication Management with Becky Mahan, Pharm.D, BCGP, BCACP</b> <i>Discuss the importance of having a comprehensive and current medication list, including prescriptions, over the counter supplements, creams, etc, for doctor appointments, adherence aids to integrate medication schedules in to your day, and provide resources to identify and discuss medications which may not be the best choices for older adults. <b>**Sponsored by the North Central Texas Caregiver Teleconnection**</b></i>   |                                |
| Tuesday, June 15th  | 12:00 pm Eastern<br>11:00 am Central<br>10:00 am Mountain<br>9:00 am Pacific | <b>ZOOM - How to Stage Your Loved One with Tam Cummings, PhD</b> <i>This session will share how to use the Dementia Behavioral Assessment Tool, the FTD Staging Tool, ADL and IADL Staging Tools to assist your doctor in understanding how advanced your loved one's disease process is and to help the family caregiver prepare for the dementia journey. <b>**Sponsored by VITAS Healthcare**</b></i>   |                                |
| Monday, June 21st   | 11:00 am Eastern<br>10:00 am Central<br>9:00 am Mountain<br>8:00 am Pacific  | <b>ZOOM - Caregiver Heal Thyself.....When the last 10 years of your life trigger the first 10 years, what do you do? Dr. James Huysman</b> <i>Are you feeling anxious, stressed or is your Autonomic Nervous system on "high alert?" Not only can Covid drive this feeling but so can PTSD. June is (Post Traumatic Stress Disorder) PTSD awareness month and you could be feeling the after effects from PTSD or even CPTSD. It's possible that your Coping skills you normally use which have helped you in the past may be harder to practice during the pandemic. This month, we will look at PTSD with special emphasis on driving specific awareness around CPTSD which, through the Centers for Disease Control's ACE Studies (Adverse Childhood Events).</i> |                                |
| Tuesday, June 22nd  | 11:00 am Eastern<br>10:00 am Central<br>9:00 am Mountain<br>8:00 am Pacific  | <b>Las señales indicadoras del estrés del cuidador con Gloria Miranda, BA</b> <i>El estrés de cuidar a un ser querido o familiar puede causar problemas emocionales y físicos. Usted aprenderá que las experiencias tanto buenas como malas pueden causar el estrés y cómo reconocer las señales de advertencia para tomar las medidas necesarias.</i>   |                                |
| Tuesday, June 29th  | 12:00 pm Eastern<br>11:00 am Central<br>10:00 am Mountain<br>9:00 am Pacific | <b>Long Term Care Planning with Evalyn Greb, LCSW</b> <i>It is never too early to think about aging and your last years or those of a loved one. Join us in learning the steps to a plan for the future that includes progressive conditions and caregiver emergencies. Having a dynamic plan, which includes your circle of support, and can be updated at each twist and turn, will leave you with less stress and anxiety regarding the future. The presenter will touch on having difficult conversations, involving family and professionals, legal and financial planning, placement, and caregiver well-being.</i>  |                                |





CAREGIVER TELECONNECTION



www.caregiverteleconnection.org



A LEADING VOICE FOR CAREGIVERS

The Pride of Caring: Issues for LGBTQ Caregivers & Professionals

Thursday, June 3rd

11:00 am Eastern
10:00 am Central
9:00 am Mountain
8:00 am Pacific

How has COVID-19 affected the LGBT community? with Dr. Elliot Montgomery Sklar and Lucy Barylak, MSW
Join us as we discuss how COVID-19 has impacted LGBTQ caregivers and seniors. We'll discuss discrimination in health care, and some surprising lessons learned from the pandemic

Thursday, June 10th

11:00 am Eastern
10:00 am Central
9:00 am Mountain
8:00 am Pacific

How to Find LGBT-friendly Aging Resources with Dr. Elliot Montgomery Sklar and Lucy Barylak, MSW
This session will focus on navigating the health system as an LGBTQ caregiver. We'll also identify important health care planning documents specific to LGBTQ seniors and caregivers.

Thursday, June 17th

11:00 am Eastern
10:00 am Central
9:00 am Mountain
8:00 am Pacific

Caregiving Wasn't on My Bucket List! with Dr. Elliot Montgomery Sklar and Lucy Barylak, MSW
Are you feeling unprepared for your caregiving role? We'll focus on caregiver self-care and support networks, LGBTQ-friendly aging programs and long-term care.

Thursday, June 24th

11:00 am Eastern
10:00 am Central
9:00 am Mountain
8:00 am Pacific

The Pride of Professionals with Dr. Elliot Montgomery Sklar and Lucy Barylak, MSW
Join this important conversation about cultural competence in health care. What can LGBTQ patients teach providers about their health care experiences? What should providers know?



WELLMED CHARITABLE FOUNDATION

To register please call: (866) 390-6491 Toll Free or go to www.caregiverteleconnection.org



# IN PERSON CARE PROVIDER TRAINING

A facilitation provided by:

**The National Family Caregiver Support Program** A Program of the:



**\*\*SAVE-THE-DATE\*\***

**WHEN: WED, JULY 14, 2021**

**TIME: 1:00 P.M. TO 4:30 P.M.**

**WHERE: 2910 LEOPARD ST.**

**PLEASE CALL TO REGISTER!**

**(CONTACT INFORMATION PROVIDED BELOW)**

## **!! FREE 3.5 HOUR TRAINING!!**

ENHANCE AND PROMOTE THE "QUALITY OF CARE IN THE HOME"  
TO PERSONS LIVING WITH ALZHEIMER'S AND RELATED DEMENTIAS

**\*\*Certification of Completion will be Awarded at End of Two Sessions\*\***



### **MODULE TOPICS:**

- The Attitudes and Process of
  - Caring for Someone with Early to Mid-Stage Alzheimer's
  - Caring for Someone with Mid to Late Stage Alzheimer's
- Virtual Dementia Tour and Community Resources



For additional information contact:

**FELIPA LOPEZ WILMOT**

**Family Caregiver Program Specialist**

Office: 361-883-3935 Ext: 5153

Toll Free: 1-800-252-9240

Email: [felipa@cbcogaaa.org](mailto:felipa@cbcogaaa.org)



For additional information contact:

**SALLY EDSILL**

**NFCSP Administrative Assistant**

Office: 361-883-3935 Ext: 5156

Toll Free: 1-800-252-9240

Email: [sally@cbcogaaa.org](mailto:sally@cbcogaaa.org)

# Stress-Busting Program for Family Caregivers™



**Program for Family Caregivers of People with Alzheimer's  
Disease or Dementia**

**Do you provide care for a loved one with Alzheimer's  
disease or dementia?**

## *You Are Not Alone*

- We know caregiving can be stressful
- This program will teach:
  - stress management techniques
  - relaxation and coping strategies
- Program available at no cost

### Information

**Who:** Family caregivers of a loved one with dementia

**What:** Multi-component program meets

- 90 minutes/ week for 9 weeks
- Groups of up to 8 people

**Where:** Online Zoom Format  
Call the number below to register

**Date:** Friday, July 9th (Every Friday)

**Time:** 1:00 pm to 2:30 pm

*"I was at a very low point in my life. This program saved my life."  
Participant*



Distributed by

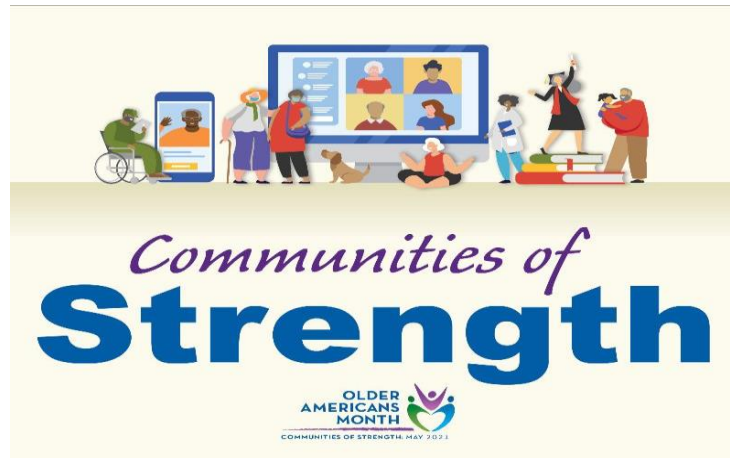
**WELLMED**  
CHARITABLE FOUNDATION



Developed at  
**UT HEALTH**  
**SCIENCE CENTER**  
SAN ANTONIO

**Please call for more information or to register:**

**361-232-5153 or 361-826-2343**  
**[www.caregiverstressbusters.org](http://www.caregiverstressbusters.org)**



**DFCC aims to empower our community with information to enhance the dignity of persons living with dementia and support their caregivers**

## **There is Nothing Wrong with Me**

Miriam does not want to go to the doctor. She says she is fine and does not understand what all the fuss is about. Besides, every time she goes to the doctor, he asks her so many ridiculous questions about what time of year it is, lists of objects she is to remember, and the names of various zoo animals. "There is absolutely nothing wrong with me and why does the doctor care about such silly things?"

When Miriam's daughter tries to explain to her that she has a memory problem and needs assistance, Miriam gets frustrated and loses her temper. She does not understand that her brain is not working properly. This is called anosognosia, a condition in which the person does not recognize their own illness. It may look like denial, but it is much more.

Self-awareness can fluctuate with dementia. People can be more or less lucid at different times. We can help the person with dementia by not arguing or trying to explain things about their condition. We can help them feel understood and respected. It is more important to connect with their emotions than to try to reason with them. Validating their feelings is the goal.

If the person with dementia believes they are okay, why would we want to dissuade them? That will only cause upset and may further convince them that they are right and that you are wrongly discrediting them. Instead, distract, redirect, and go with their reality. It is real for them, so our priority is to make them feel more at ease.

We can also find ways for people with dementia to succeed, discreetly making life easier for them. Making the person's life simpler and safer can help prevent someone with anosognosia from hurting themselves or causing undue distress.

Miriam said, "There is absolutely nothing wrong with me." You are right, Miriam. You are just fine the way you are, and we will work to ensure you continue to feel good about that. All the person with dementia needs to do is be, and it is our responsibility to provide the support and care to keep her safe, reassured, and acknowledge what it is true for her.



*Melora L. Jackson*

Melora Jackson, Clinical Manager







**If you have questions about the COVID-19 Vaccination, locations, hours, appointments, transportation or walk in clinics and don't know who to ask?**

**You can contact the Area Agency on Aging/Aging and Disability Resource Center to help answer your questions.**

**One of our Information, Referral and Assistance Specialist can assist you with the following;**

- **Assist with identifying appropriate resources**
- **Assist with on-line registration**
- **Assist with information**
- **Assist with arranging and paying for transportation to and from the vaccination site (if you are a person age 60 and over or a *person* with a disability of any age).**

**All you must do is call and ask for COVID-19 Assistance.**

**CONTACT**

**PHONE:**

**361-883-3935**

**800-252-9240**

**855-937-2372**

**WEBSITE:**

[www.aacoastalbend.org](http://www.aacoastalbend.org)

[www.coastalbendadrc.org](http://www.coastalbendadrc.org)

**DO YOU NEED HELP IN SCHEDULING A COVID-19 VACCINATION ?**

**DO YOU NEED HELP TO PLAN, ARRANGE COORDINATE SERVICES FOR AN OLDER INDIVIDUAL OR PERSON WITH A DISABILITY ?**

**DO YOU NEED MORE INFORMATION TO MAKE AN INFORMED DECISION ?**

**DO YOU NEED TRANSPORTATION TO AND FROM A VACCINATION SITE ?**

**IF YOU ANSWERED YES TO ANY OF THE ABOVE QUESTIONS THEN CONTACT OUR AGENCY**

