



UCOA Quarterly Meeting Agenda Thursday – February 12, 2020

11:00 AM - 12:15 PM
Business Meeting

12:15 PM – 1:15 PM
Legislator Lunch Reception

State Capitol Board Room

350 North State Street

(Board Room East End of Rotunda Level)

NOTE: Parking is limited. Consider taking UTA route 500 from Courthouse Square

Join Zoom Meeting <https://zoom.us/j/640416337>

Or Dial 669 900 6833

Meeting ID: 640 416 337

(Zoom conference information will remain the same for all UCOA quarterly meetings)

Lunch Provided by Mountainland Association of Governments courtesy of Andrew Jackson

UCOA Business Meeting

- | | | |
|-------|--|--|
| 11:00 | Welcome to Commission Members and Community Partners | Andrew Jackson |
| 11:05 | Executive Director Report | Rob Ence |
| 11:15 | Public Policy & Legislative Activity | Jeremy Cunningham and Rob Ence |
| 11:30 | Hospice and Home Health Merger | Clay Watson |
| 11:45 | Summit County Aging Alliance Model | Briana Sisofo |
| 12:00 | Fall Prevention Update / Grants | Sally Aerts, Anne Thackeray, Matt Wilson |
| 12:15 | Welcome to Legislators | Sen. Jani Iwamoto |
| | Networking w Legislators and Partners | Lunch |
| 1:15 | Adjourn | |

(Public and partner comment and input welcomed throughout. Session will be recorded.)

Legislator Lunch Invitation and Briefing

Hosted by

Utah Commission on Aging



Rob Ence - Executive Director

Utah Falls Prevention Alliance



Sally Aerts, Sen. Jani Iwamoto - Co-Chairs

Wednesday - February 12, 2020

Capitol Board Room

11:00 AM

Utah Commission on Aging Business Meeting

12:00 Noon

Legislator Lunch and Falls Prevention Alliance Update

Lunch sponsored by Mountainlands AOG

- ◆ Come share lunch with those advocating for and serving older Utahns
- ◆ Learn about innovative progress on programs advancing well-being of our older adults
- ◆ Discuss solutions to keep our aging population vibrant , safe, and falls free



Rob Ence - Executive Director

Andrew Jackson - Chair

Statutory Members

Anderson Amy	Utah League of Cities and Towns
Burbank Chris	Public Safety
Daniel Ronnie	Alzheimer's Association
Gessel David	Utah Hospital Association
Hale Vale	Economic Development
Jackson Andrew	Public Transportation
Kelso Gary	Long-term Care for the Elderly
Larson Tracey	Financial Institutions
Leggett Paul	Utah Assoc Area Agencies on Aging
Milne Linda	General Public
Miner Joseph	ED Utah Dept of Health
Ormsby Alan	AARP Utah State Director
Pierpont Jon	Workforce Services
Rajeev Deepthi	Health Insight
Singer Lewis	American Indian Communities
Supiano Mark	University of Utah
Turnquist Cindy	Business Community
Holmgren Nels	Utah Department of Human Services
Wilson Troy	Legal Profession
Wright Glenn	Utah Association of Counties

Contributing UCOA Partners

Acero Susana	Evans Janice	Miller Stephanie
Acevedo Manuel	Eyre Rachel	Miraglia Allie
Aerts Sally	Farrell Michael	Morgan Jennifer
Altman Tracy	Farrell Timothy	Nederostek Kate
Alvey Shannon	Ford Jack	North Christie
Andersen Troy	Frick Janet	Parker Deborah
Anjewierden Dirk	Galindo Michael	Passey Christine
Anthony Justin	Garrett Teresa	Pearson Cory
Babitz Marc	Hadean Hailey	Pezley Angel
Beattie Miriam	Harris Danny	Polachek Laura
Blake Ed	Hart Jeremy	Pratt Spencer
Brooks Denise	Harter Gary	Pruhs Alan
Chase Karyl	Hincks Bacall	Quatrate Rosemary
Christensen Emily	Holland Terri	Redd Emily
Christensen Marianne	Hollingshaus Mike	Riggle Andrew
Clark Christine	Holmgren Nels	Chin Brian
Clayton TantaLisa	Iwamoto Jani	Salari Sonia
Collett Cami	Jones Patricia	Salazar Nate
Cottrell Kristy	Nance Kate	Sisofo Briana
Covey Wid	Katis Christopher	Schlegel Scott
Crossley Ken	Lancaster Josh	Silver Ellen
Cummings Doug	Dailey-Provost Jennifer	Zwerin Jamie
Cunningham Jeremy	Lee Melissa	Spangler Allison
Adams Tom	Lee Traci	Starley Richard
Daniel Ronnie	Leggett Paul	Street Mary
Dassell Kara	Louie Janet	Talley Nate
Davis Marion	Luke Margene	Thomas Shonna
DeMarco Heidi	Madsen Nancy	Thraen Iona
Diaz Moore Keith	McGee Nancy	Van De Graff Arie
Diehl Cameron	McKay Tom	Vaughan Ralph
Eaton Jackie	Meinor Lynn	Wassom Bob
Edelman Linda	Mendenhall Nan	Watson Clay
Ellington Lee	Meppen Diane	Asman Anne

Next UCOA Meeting:

*May 14, 2020 – Wednesday 12:00 – 1:30 PM
TBD*

Other important dates:

*Feb 19, 2020 – Wednesday
Utah Housing Coalition - Housing Day on the Hill
State Office Building Auditorium*

*Feb 29, 2020 - Saturday
Creative Aging Conference St. George
Eccles Fine Arts Center, Dixie State University*



*April 1 - Wednesday
Utah Aging Alliance Conference
Utah Cultural Celebration Center, West Valley City, Utah*

*April 9, 2020 - Friday, 8 AM to 3 PM
Center on Aging Retreat
Eccles Genetic Building, University of Utah*

*April 23, 2020
Alzheimer's Coordinating Council
Utah Department of Health*

*May 1, 2020 – Friday 9 AM to 3 PM
Five County AAA – Southern Utah Senior's Conference
Heritage Center Theater, Cedar City, UT*



Legislative Issues in Play

(Thank you to Jeremy Cunningham and Danny Harris for providing information on these issues. These are issues that may be of interest to you, not a position statement by UCOA)

Rules Changes

- Update on CNA/UALA regulations
- Proposed safe haven for elder abuse victims w UALA

Bills

HB 87 – Health Care Workforce Assistance Program

Ongoing Funding for providers committed to rural (and geriatric) care

Bank Fraud - Financial Abuse Amendments

Sponsor: Rep Kyle Andersen

Creation of Utah ADRC

Sponsor: Rep Paul Ray/Rep Susan Duckworth

Ongoing Support for UCOA

Sponsor: Sen Alan Christensen

SJR 1 – Support Medicaid Match for Home Health Hub system at UHIN

Sponsor: Sen Jani Iwamoto

Prescription Drug Reimportation

Sponsor: Senator Dan Hemmert/Rep. Norm Thurston

Description: A recent AARP report showed that 44% of Utahns have stopped taking a medication because of the high cost. This proposal would request permission to create a state program that would import costly prescription drugs from Canada at a lower price. The two requirements of the program are that it is safe and that it results in savings to consumers.

Prescription Drug Price Transparency

Description: This legislation would increase transparency on various entities in the prescription drug supply chain to shed light on the reasons for skyrocketing drug costs. By gathering additional data on

when, how, and why prices have increased, the information can be used to create good policy that will address the increasing costs of prescription drugs.

HB 207 – Insulin Access Amendments

Sponsor: Rep. Norm Thurston

Description: Given the rapidly increasing costs of insulin, this legislation would create incentives to reduce the copayments for insulin and direct the Public Employees Health Plan to purchase insulin at discounted prices through negotiation and bulk purchasing.

HB 69 - Sick Leave Amendments

Sponsor: Representative Patrice Arent

Description: With low unemployment rates and a need to keep more Utahns in the workforce, Utah can do more to provide workplace flexibility for family caregivers. A recent AARP survey should 33% of caregivers said they would need to find a new job if their employer did not provide the flexibility to care for their loved one. 25% said they would need to quit working entirely. This legislation would require employers to allow employees to use their sick leave benefits to care for an immediate family member if needed. It does not require an employer to provide sick leave benefits.

FMLA Expansion

Description: This legislation would expand Family and Medical Leave Act (FMLA) protections to more Utahns who work for small businesses. Federal protections only exist for individuals who work for employers with 50 or more employees who receive up to 12 weeks of unpaid family medical leave. This proposal would expand those protections to employees of businesses with 30-49 employees who could receive up to 6 weeks of unpaid leave.

Payday Lending Regulation

Status: Drafting

Position: Support

Description: In a recent legislative audit, auditors found that many chronic borrowers of payday loans are using new loans to repay an old loan despite state law prohibiting the practice. To help reduce the impact of these high-interest loans on Utahns, this legislation will work to close loopholes that currently allow lenders to continue this practice. It would also address the current practice some lenders have used to seek bench warrants and arrests for borrowers who fail to pay and subsequently capture bail money for repayment.

SB 35 – Circuit Breaker Amendment

Sponsor: Senator Gene Davis

Status: Senate 2nd Reading Calendar

Position: Support

Description: Property tax can often become a very difficult tax to pay for older households and low-income households. Homes are illiquid assets which can make it very difficult to find funds to continue paying the tax and owning the property. This legislation expands the eligibility for the tax relief under the circuit break and changes the measure of inflation to more accurately reflect cost of living changes.

Adult Protective Services

Amount: \$510,000 on-going

Description: This division investigates cases of abuse, neglect, and exploitation of vulnerable adults. Currently the caseload of staff continues to grow but staffing levels have been flat for years. To better protect vulnerable Utahns, Adult Protective Services needs more staff to give each case the attention it deserves.

Affordable Housing (SB 39)

Amount: \$35,000,000 one-time/on-going

Description: To help ease the rapidly increasing cost of housing across Utah, most of these funds would be used as matching funds to help develop more affordable housing. By increasing the supply of affordable housing, rents and property taxes may grow at a slower pace as well. \$10,000,000 of the funds would be used to provide rental assistance.

Telehealth Expansion

Amount: \$1,400,000 ongoing

Description: Currently Utah's Medicaid program doesn't reimburse health care providers for certain telehealth services (store-and-forward, remote patient monitoring, and originating site). This appropriation would allow providers to seek reimbursement while also removing red-tape that currently prevents some providers from offering this type of care.

Summit County Aging Alliance Model

Presented by:

Briana C. Sisofo, MS Student of Interdisciplinary Gerontology, University of Utah

Briana Christine Sisofo is an Interdisciplinary Gerontology, Master's student at the University of Utah. With a background in exercise science, Briana is interested in helping older adults have healthier lives. For her last year at school, she became a part of the Summit County Aging Alliance, has done successful research about Park City's Senior Center, and has presented at the Gerontological Society of America about how to help rural communities adapt to an aging population. These projects continue to give her the experience she needs to continue to promote what this model has to offer.

The Summit County Aging Alliance (SCAA) is a collaboration among federal, state, local agencies, and local advocates. It was initially designated as a subcommittee of the Summit County Mental Wellness Alliance with only a few community members. The group was tasked with addressing a broad range of pressing issues affecting the older adult population in Summit County. In less than five months the Alliance grew to include representatives from the Alzheimer's Association, Basin Recreation, Mountainland Area on Aging, Park City Hospital, Intermountain Healthcare, Jewish Family Services, the Park City Christian Center, Summit County Health Department, Park City Council Officials, Summit County Redevelopment Agency, Park City Senior Center, University of Utah, and many private concerned citizens.

The goal of the SCAA is to build an age-friendly community culture that is secure, encourages social and cognitive engagement, meets physical, psychological, economic, spiritual, housing, and transportation needs of the diverse aging population within the County. Through months of open dialogue, community surveys, exchange of ideas and information, the SCAA has identified *aging-in-place*, *aging education*, and the *local senior center* as the three most pressing issues for the community.

Most recently the Alliance has created three work teams that will facilitate progress and support each of these areas. Each of the teams reflects individual interests, skills and agencies related the specific program.

The Summit County Aging Alliance engages and stimulates open, highly respectful communication among its stakeholders. There are many challenges that the Alliance has faced and overcome including concerns from policymakers and zoning ordinances. It is important to have the right people at the table to move projects of this magnitude forward. The Alliance has done well in that regard and although still in its early stages, this model is making strategic headway towards creating a dynamic, livable, age-advocating community in Summit County.

Register www.artswashco.com

The Creative Age Arts and Healing ACROSS THE LIFESPAN

SAT, FEB. 29 • 8AM-5PM

DIXIE STATE UNIVERSITY, ST. GEORGE, UT
Eccles Fine Arts Center

We have brought together some of the best thinkers for you at this one-day, intensive symposium on Arts and Healing Across the Lifespan.

This is truly the future of healthcare, so much exciting research is showing the proven benefits of participating in the arts for longevity, mobility, cognitive ability, and quality of life for all, regardless of age.

2 KEYNOTE SPEAKERS 14 BREAKOUT SESSIONS

CE CREDITS AVAILABLE, FOR MORE INFO VISIT WWW.ARTSWASHCO.COM OR CALL 435.238.4948

FULL REGISTRATION - \$50
STUDENTS & SENIORS \$35
INCLUDES RECEPTION,
BREAKFAST & LUNCH.

OPENING RECEPTION - FEB 28TH - 6-8PM
ART PROVIDES, | 35 N MAIN ST., UPSTAIRS
ST. GEORGE, UT 84790



This project is supported in part by Utah Arts and Museums, with funding from the State of Utah and the National Endowment for the Arts and the following sponsors:



ANYONE INTERESTED IN ARTS & HEALING IS WELCOME TO ATTEND

OPENING PLENARY



Dr. Jeremy Noble
CAN CREATIVE EXPRESSION
BE MEDICINE?

KEYNOTE SPEAKER



Erica Curtis
RAISING CONNECTED, HAPPY,
SUCCESSFUL KIDS THROUGH ART

GUEST SPEAKER



Naj Wikoff
THE HISTORY OF ART
IN HEALTH

BREAKOUT SESSIONS



Vicky Morgan
ART THERAPY FOR WELLNESS
IN THE CREATIVE AGE



Victoria Petro-Eschler
ENSEMBLE MUSIC PARTICIPATION
AS LIFELONG RESILIENCY



Debra Eve
LATER BOOMER: NSPIRATION
TO REINVENT



Dr. Massimiliano Frani
HEALTH MUSIC:
THE SOUND OF LIFE



Dr. Brandt Wadsworth
THEATER FOR LIFE



Karen Carter
MUSIC THERAPY
ACROSS THE LIFESPAN



Erica Curtis
BEFRIENDING CHALLENGING
EMOTIONS WITH CREATIVITY



Dr. David Tate
MINDFULNESS AND HEALTH:
THE ART OF CONSCIOUS LIVING



Sharon Daurelle
MINDING MOTION FOR
GRACEFUL AGING EXPERIENCE



Nicholas Cendese & Barbara Lewis
FLEX YOUR CREATIVE IMAGINATION: AN INTRODUCTION
TO THE MUSIC IN MOTION PROGRAM



Joni Wilson & Chara Huckins
DANCE THROUGH LIFE - FINDING OPEN SPACES AND
PLACES FOR CREATIVITY



Emily Christensen & Alex Mack
BOLSTERING DEMENTIA CARE THROUGH
MUSIC LISTENING, CHORAL SINGING & SUPPORT GROUPS



Sandra Shanti & Rev Claudia Giacoma
ARTIFYING SPIRITUAL CARE: A PORTFOLIO



Kelli Charlton & Monique Panet-Swanson
CORE SOLUTIONS: MAINTAINING PERSONAL EXCELLENCE IN THE CARE TAKER CYCLE



JOIN THE FIGHT FOR ALZHEIMER'S FIRST SURVIVOR



ALZHEIMER'S DISEASE IS RELENTLESS. SO ARE WE. JOIN THE FIGHT TODAY.

2020 UTAH WALK DATES AND LOCATIONS:

August 22: Wasatch Back (Park City)

August 29: Cache County (Merlin Olsen Park)

September 12: Cedar City (Southern Utah University)

September 12: Weber/Davis (Ogden Amphitheater)

September 19: Utah County (University Place Mall)

September 19: Tooele County (TBD)

September 26: Salt Lake County (REAL Stadium)

October 10: St. George (Dixie State University)

1. Start a team.

Sign up as a Team Captain and form a team. You can also join a team or register as an individual.

2. Recruit.

Ask friends, family and co-workers to join your team or start their own.

3. Raise awareness and funds.

Our fundraising tools make it easy to spread the word and collect donations. Raise \$100 or more to receive the 2018 Walk to End Alzheimer's T-shirt.

4. Walk with us.

Come together with your community to rally around the Alzheimer's cause.

Register today at alz.org/walk.



REGISTER TODAY

800.272.3900

alz.org/walk



alzheimer's association[®]

2018 NATIONAL PRESENTING SPONSOR

Edward Jones[®]



FORGET ME NOT



Forget Me Not: Remembering those with Alzheimer's and Dementia.

A campaign by U4A | The Utah Association for Area Agencies on Aging

5.7 Million

Americans are living with Alzheimer's.

16.1 Million

Americans provide unpaid care for people with Alzheimer's or other Dementias.

65 Seconds

Every 65 seconds, someone in the U.S. develops Alzheimer's Disease.

WEAR THE PIN

To demonstrate your commitment to ending Alzheimer's & other Dementias.

To let others know that you have Alzheimer's.

To bring awareness to Alzheimer's & other Dementias.

GET IN TOUCH

Salt Lake County Aging & Adult Services

(385) 468- 3200

slco.org/aging

Reimagining health care, together.



Ready to reimagine health care?

**Opportunities in Idaho, Nevada, New Mexico, Oregon,
Utah and Washington**

Whether it's closing quality gaps, improving health outcomes or becoming more sustainable, improving health care takes a team.

Comagine Health, formerly Qualis Health and HealthInsight, is leading **The Partnership to Reimagine Health Care**, a new CMS-funded initiative. As a health care provider or stakeholder, quality improvement skills apply to all your efforts, from meeting Medicare and other measures, to improving patient outcomes, to increasing your ratings and reimbursements. We can help you achieve these goals and more. We invite you to join us.

Together, we can

- Prevent healthcare-related infections
- Reduce opioid-related harms
- Increase access to behavioral health services
- Prevent and manage diabetes, heart disease and chronic kidney disease
- Reduce hospital readmissions and unnecessary emergency room visits

Get expert assistance with improving outcomes — at no cost to you.



We can help

Comagine Health is partnering with health care providers and stakeholders across Idaho, Nevada, New Mexico, Oregon, Utah and Washington to improve outcomes and care processes through innovation, quality improvement initiatives and data-driven approaches focused on five broad aims.

Whether you're focused on opioids, diabetes, readmissions or other measures, we can tailor our offerings to help you keep up with Medicare requirements while leveraging community-level data and comparing your institution to others.

Our services are delivered in a variety of ways, to give you options that fit into your busy workday. We provide:

- In-person and virtual learning events
- Curated news and resources based on your specific interests and goals and on a frequency that you set
- The latest news on Medicare programs, including star rating and the Quality Payment Program

As our valued partner, you will receive:

- Expert support for your improvement initiatives
- Evidence-based resources and training
- Connections with peers to learn and share best practices

Health care providers will also have access to data to inform their improvement initiatives and see differences among organizations and communities.

Tell us what you're focusing on, and together, we can make big changes in health care.

Why join?

- Services are at no cost to you, paid for by CMS
- Public recognition for your commitment to quality and achieving bold Aims together
- Improve care for Medicare beneficiaries – be a leader in better care at lower costs
- It's easy – let us know you're in and we can connect you with relevant resources
- Join others in your community
- Networking with others in your community working on similar initiatives

Are you ready to join?

Want more information?
Visit comagine.org/partnership.



Individual Recruitment Form

As a member of **The Partnership to Reimagine Health Care**, our organization pledges to improve the health of Medicare beneficiaries in collaboration with Comagine Health and our community.

Please fill out the information below to complete the pledge.

First name:	Last name:
Organization:	Job title:
Physical address:	
Email address:	Phone number:
*Geographic area(s) you serve:	
**Setting(s) you serve:	
***Topic(s) you are interested in:	

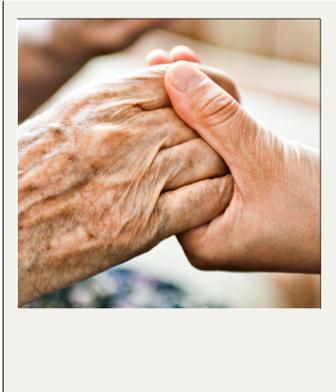
***Geographic area(s):** Examples include city, county, state, ZIP code

****Setting(s):** Examples include nursing home, community organization, outpatient practice, hospital, health system

*****Topic(s):** Examples include *(select all that apply)*

- A. Reducing opioid-related harms
- B. Increasing access to behavioral health services
- C. Preventing healthcare-related infections
- D. Preventing and managing cardiovascular disease, diabetes and chronic kidney disease
- E. Reducing hospital readmissions and unnecessary emergency room visits
- F. Improving the quality of nursing home care
- G. Other; please specify

To learn more, please visit www.comagine.org/partnership.



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www.utahgwep.org



ugecgwep@utah.edu



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@UofU_UGEC

The Utah Geriatric Education Consortium (UGEC) is a Health Resources and Services Agency (HRSA) funded Geriatric Workforce Enhancement Program. First funded in 2015, the UGEC aimed to enhance primary and geriatric care in 20 nursing homes in Utah through educational programs for students and nursing home providers and staff. In 2019, the UGEC applied for and received funding to expand programs across the Long-Term Services and Supports (LTSS) settings, with an increased emphasis on the 4 M's of Age-Friendly Health Systems - mobility, medications, mentation and what matters.

The UGEC will support several programs for students, LTSS health care providers and staff, and the community.

- Age-Friendly Learning Communities for LTSS providers and staff
- LTSS Nurse Residency Program
- Alzheimer's Disease and Related Dementia Online Training Modules
- Interprofessional Education Courses about Long-Term Care and Communicating with Older Adults
- Gerontology Interdisciplinary Program Graduate Certificates with an Emphasis in LTSS
- Serious Illness Conversation Guide Training
- Community Fireside Chats about Age Friendly Health Care
- Opioid Use in Long-Term Care Training Modules

We are honored to include the following LTSS partners in our work: Mission Health Services, Avalon Health Care, Cascades Healthcare, Legacy Retirement Communities, Community Nursing Services, and Aspire Home Health.

Our community partners include Comagine Health, the University of Utah, the Salt Lake Veterans Affairs Geriatric Research Education and Clinical Center, the Utah Commission on Aging, Utah Department of Health, the Utah Chapter of the Alzheimer's Association, and the Utah Health Care Association.



Volunteer

with Meals on Wheels



Delivering more than just a meal.

One hour a week can change a life.

Over 61 volunteer teams work every day to ensure that frail and vulnerable older adults have a meal and daily connection.

45% of 1,100 daily meals in Salt Lake County are delivered by volunteers.



Contact:
Shauna Brock
Salt Lake County Aging & Adult Services
(385) 468-3196 | skbrock@slco.org

Starting January 26th, 2020. To be held the 4th Sunday of every month at 2:00pm.
Utah Pride Center 1380 S. Main St, SLC, UT 84115



We have a new support group starting at the Utah Pride Center for those who may be experiencing grief around the loss of a beloved pet. Though animal grief support groups exist elsewhere in the United States, it is the first of its kind in Utah.

If you're coping with the loss of your pet, whether it's recent or happened some time ago, you are not alone in your grief. Reaching out and finding support to help you better understand the loss that you're experiencing and knowing that your feelings are perfectly normal and valid can go a long way to help you through this difficult time of bereavement. With help from our group, you will find the path to healing.

This very special group is open to everyone and we hope you will share this information with others you may know who are experiencing the pain of loss.

If you have any questions about the group, please email SAGE@utahpridecenter.org

In this issue

Exciting, New Caregivers Network

10 Ways to Tame Your Temper

Determining How Ready You Are

Who Is Helping the Helpers



**Issue
TWO**

A Monthly Insight Into Issues Concerning Family Caregivers – Winter 2019

The Caregiver's Journal

current topics >>>

Caregivers Directory Is Now Bigger Than Ever!

The Family Caregivers Directory is a training and information breakthrough. Now you can have it all; all the needed information, training, assistance, medical applications, counsel, advice and knowledge, all available on a click of your own computer or mobile phone. Now, with your new Caregivers Directory that is finally possible. You will find answers, magazines, newsletters,

For more information go to:

www.familycaregiversdirectory.com/



A Real Caregivers Network

Leading Associations Unite to Aid Caregivers

Finally, an effective and influential organization, The Utah Family Caregivers Network, unites key caregiver and aging associations to provide critically needed education, training and information.

Concerned executives of many of the best known associations and organizations in Utah gathered to consider a new solution for the very valiant 330,000 family caregivers in the state. Joining forces for this new initiative were the Executive Directors of Utah Hospital Association, The Alzheimer Association, the Utah Commission on Aging, Utah Department of Human Services, AARP and previous hospital and nursing college administrators, nurse practitioners, key physical assistant executives, University of Utah Marketing researchers and prominent industry executives. Each of the participants are committed to get needed answers and solutions.

The Network meets regularly to address such issues as: providing local and statewide virtual networks, additional support groups, establishing contact

Much good can come from critical emotional help for extensive duties of true caregiving.

With Physician Assistants, Nurse Practitioners, and physicians and supporting new innovative efforts to strengthen caregivers.

The Network intends to support efforts made to

loyally support and care for patients.

Readers are urged to visit the websites of network contributors. Much good can come from both financial and physical assistance because so much is needed for those willing to commit tender care.

For more information view at:
www.familycaregiversdirectory.com



Needed news >>>

10 Steps To Change Your Attitude

Step 1 - Identify your current attitude.

Step 2 - Is it the one you want? If not, how is it making you feel?

Step 3 - Pick a new attitude. How would that make you feel?

Step 4 - Identify the block making it hard to shift to the new attitude. Make certain that there is not more than one.

Step 5 - Take time for quiet reflection - emotional outburst-and/or journaling. Take enough time to get something out of it.



Step 6 - Look for your hidden rules. Is there a “Rule” you are living by that isn’t working for you anymore? Change it!

Step 7 - Is it in your power to change situation? If so, create your first action step to fix the problem.

Step 8 - If there is nothing you can do, can you let it go?

Step 9: Write out three new affirmations of your new attitude.

Step 10 - Take one new action step that propels you in the direction of your new attitude.



How Ready Are You?

On an airplane, an oxygen mask descends in front of you. What do you do? As we all know, the first rule is to put on your own oxygen mask before you assist anyone else. Only when we first help ourselves can we effectively help others.



Baby Boomers watch your health!

Health Is Critical

Older caregivers are not the only ones who put their health and well-being at risk. If you are a baby boomer who has assumed a caregiver role for your parents while simultaneously juggling work and raising adolescent children, you also face an increased risk for real depression, chronic illness, and a possible decline in quality of life.

encouraging advice >>>

Could one of the Secrets for Happiness be Good Health?

Happiness and good health go hand-in-hand. Indeed, scientific studies have been finding that happiness can make our lives healthier, our immune systems stronger, and our lives longer.

Those who rate higher on the positive physical and personal traits have lower rates of certain illnesses. For instance, [one study](#) found that people who were agreeable, extraverted, open and conscientious all had lower risks of developing illnesses such as cancer and diabetes. The researchers found that with conscientiousness in particular could have a protective effect against nagging health problems. Choose to be healthy *and* happy.



What Should Be Done About Love for Patient?

Love is affection for another human being that has to be nourished through time. There is nothing else like it. There is no substitute for it. Love can strengthen, lift, encourage and make us feel closer.



It was troubling to discover the very negative impact caregiving was having on the love and affection most caregivers were feeling for their loved ones. The burden of the task and tiring duties and responsibilities had suffocated the love and romance out of half of those relationships.

That finding was stunning! Although that situation mostly applies to the spouses it can apply to many other caregivers as well. Lost love may very well be the saddest casualty of the caregiving scenario. The story of their lost love needs to be told. So, this is their story; sad as it may seem.

An AARP/NAC 2013 survey revealed 50% of caregivers are losing their love and affection in their relationship. This should not be happening according to a major, recent study, for 56% of caregivers it is. Love, constant love, can help change that. Love insures that tasks are made lighter and more manageable. But, despite caregivers' lessening affection, they carry on and are doing the best they can, because they said they would provide concerned service.

The real message is how an increase of love can change the caregivers' experience and improve the loved one mentally if not physically. It is a sure principle that love needs to be heard, believed and acted on. Don't you be the one withholding love.

Guilt Is Enemy To Caregivers!

As hard and as unfair as it might seem, family caregivers are the last resistance to pain and discomfort to their loved ones. They must step up! Quitting is not an option – caring is!

Let Your Answer Be Love...

Love can take a holiday but seldom does it stay away forever. It can be the very answer that enables you to fight off those negative feelings and re-commit to the continuance of your loving care. Re-generating your love for your patient may provide the energy required to keep going. Both of your lives may depend on it.

Find Quality Time For Yourself!

When you feel like a victim you tend to not take action and that way you don't have to risk at all. For example, rejection or failure. In that scenario, you don't have to take the sometimes, stressful responsibility. In the short term it can feel like the easier choice is to not take personal responsibility. But, it can feel good to be free.

ask the experts >>>

Q: *Is Life More Than a Test?*

A: *If So, How Are You Doing?*

Life is a series of tests. For some those tests are overwhelming. Family and marriage relationships introduce many such tests. Some of those tests tear at an individual's heart strings. They hurt when things don't go well. Caregiving is a vivid example of an extreme test that sometimes doesn't go well. However, it should not be life threatening and surely not life-altering. The care of loved ones should not diminish the romance or diminish the kind and tender feelings.



final thoughts...

Everyone deserves to be happy. Everyone should take the time and opportunity to help another be happy. Caregivers choose to do that every day. And even if left without a choice, you continue to tenderly care for another, as love rewards.



Now, imagine a caregiving relationship typifying many of those above responses. Love is the answer. Loving is the process. Happiness for everyone is the ultimate reward. Love and happiness actually can change hearts and lives. It can also change yours with that same effort, lovingly and sincerely extended to your loved one. Yes, everyone deserves to be loved, including you and your patient. Everything you do to show and renew your love will be worth it.

In Steven Covey's global, best selling book, *Seven Habits of Highly Effective People*, he stated that love does not have to be permanently lost. Love can be re-kindled if necessary. The caregivers sometimes fail to allow love to increase but instead to decrease. Often blame is placed and the wonderful times of a good relationship fade. Don't let that happen to yours. Start now to do all that you can to fight it!

coming soon >>>

In The Next Issue

Caregiving Industry Perspective

Are You Tired of Being Tired

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