

# Elder Network Quarterly

July, August and September

Alexandria, MN

## ABOUT US:

Elder Network's mission is to meet the emotional, social & respite care needs of older adults in Douglas County by utilizing the services of specifically trained peer support & respite volunteers. Elder Network's goal is to help people continue living safely & independently in their own homes. We strive to care for our seniors and the family members who care for them.

*Services are confidential. Referrals accepted by phone, mail or our website. New volunteers are always welcome.*

— for more information call (320) 763-9084 —

***Caring for our seniors is perhaps the greatest responsibility we have. Those who walked before us have given so much and made possible the life we all enjoy.***

Senator John Hoeven, North Dakota

## Do You Remember:

***“Here men from the planet Earth first set foot upon the Moon. July 1969 AD. We came in peace for all mankind.”*** [\*Neil Armstrong\*](#)



## The Caregiver Bill of Rights:

**I have the right**...to take care of myself. This is not an act of selfishness. It will give me the capability of taking better care of my relative.

**I have the right**...to seek help from others even though my relatives may object. I recognize the limits of my own endurance and strength.

**I have the right**...to maintain facets of my own life that do not include the person I care for, just as I would if he or she were healthy. I know that I do everything that I reasonably can for this person, and I have the right to do some things just for myself.

**I have the right**...to get angry, be depressed, and express other difficult feelings occasionally.

**I have the right**... to reject any attempts by my relative (either conscious or unconscious) to manipulate me through guilt and/or depression.

**I have the right**...to receive consideration, affection, forgiveness, and acceptance from my loved one for what I do, for as long as I offer these qualities in return.

**I have the right**...to take pride in what I am accomplishing and to applaud the courage it has sometimes taken to meet the needs of my relative.

**I have the right**...to protect my individuality and my right to make a life for myself that will sustain me in the time when my relative no longer needs my full-time help.

**I have the right**...to expect and demand that as new strides are made in finding resources to aid physically and mentally impaired persons in our country, similar strides will be made towards aiding and supporting caregivers.

CareGiving: Helping an Aging Loved One, by Jo Horne, published by AARP.



## **Bob Hope In Heaven**

Born May 29, 1903 Died July 27, 2003 at the age of 100. On his death bed they asked him where he wanted to be buried. His answer was, "Surprise me."

**ON TURNING 70:** "I still chase women, but only downhill."

**ON TURNING 80:** "That's the time of your life when even your birthday suit needs pressing."

**ON TURNING 90:** "You know you're getting old when the candles cost more than the cake."

**ON TURNING 100:** "I don't feel old. In fact, I don't feel anything until noon. Then it's time for my nap."

**ON GIVING UP HIS EARLY CAREER, BOXING:** "I ruined my hands in the ring. The referee kept stepping on them."

**ON NEVER WINNING AN OSCAR:** "Welcome to the Academy Awards, or, as it's called at my home, Passover."

**ON GOLF:** "Golf is my profession. Show business is just to pay the green fees."

**ON PRESIDENTS:** "I have performed for 12 presidents but entertained only six."

**ON WHY HE CHOSE SHOWBIZ FOR HIS CAREER:** "When I was born, the doctor said to my mother, Congratulations, you have an eight pound ham."

**ON RECEIVING THE CONGRESSIONAL GOLD MEDAL:** "I feel very humble, but I think I have the strength of character to fight it."

**ON HIS FAMILY'S EARLY POVERTY:** "Four of us slept in the one bed. When it got cold, mother threw on another brother."

**ON HIS SIX BROTHERS:** "That's how I learned to dance...waiting for the bathroom."

**ON HIS EARLY FAILURES:** "I would not have had anything to eat if it wasn't for the stuff the audience threw at me."

**ON GOING TO HEAVEN:** "I've done benefits for ALL religions. I'd hate to blow the hereafter on a technicality."

“Thanks For The Memories”

**The Alzheimer's Association and Dr. Norman Relkin**, a neurologist at Cornell University's Weill Cornell Medical College in New York City and a board member of the American Federation of Aging Research urges everyone to:

- **Engage in regular physical activity**. A number of studies have linked exercise to reduced risk of brain decline.
- **Quit smoking**. Smoking increases risk of brain decline, and quitting can reduce a smoker's risk down to levels comparable to people who have never smoked, the association says.
- **Treat conditions that can affect heart health**. Chronic problems like obesity, high blood pressure, high cholesterol and diabetes take a toll on your brain as well as your heart.
- **Get enough sleep**. Studies have linked sleeplessness with problems in memory and thinking, the association says.
- **Maintain your mental health**. Depression, anxiety and stress can speed a person's brain aging, if they are left untreated. "We know that stress hormones, when produced in excess, causes the brain to shrink more rapidly," Relkin said.
- **Protect your head**. Brain injuries as mild as a concussion can increase risk of brain decline and dementia. Wear a seat belt, use a helmet when on a bike or playing contact sports, and try to avoid falling down.
- **Eat a healthy low-fat diet that's rich in fruits and vegetables**. A good diet can help address nearly all chronic illnesses, and therefore will ultimately help your brain. Diet clearly impacts not only our risk of developing cognitive [brain] disturbances, but also affects our longevity. I think we're going to see more and more in terms of dietary interventions that are going to impact the aging process."

The remaining tips offered by the Alzheimer's Association focus on keeping your brain busy and active, which also can help by forcing the brain to preserve and build up its neural connections

These brain-centered tips from the Alzheimer's Association include:

- **Keep learning**. Continuing education can help reduce risk of brain decline and dementia.
- **Remain social**. People who have an active social life have been shown to have more active and healthy brains.
- **Challenge your brain**. Do something that requires thought, whether that is solving a puzzle, creating a piece of art, building something for your home, or playing a game that forces you to think strategically.

"All these pieces of advice seem to bear out in the reduction of the development of dementia," Relkin said. "We have a lot of knowledge about ways to prevent the deterioration of the brain due to aging, and they all appear to be beneficial in terms of preserving the health of the brain."

"My favorite poem is the one that starts 'Thirty days hath September' because it actually tells you something." **Groucho Marx**





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*Make a difference in the lives that follow.*

**Inservice** (1:00-2:00 p.m.) & **Supervisory Meetings** (2:00-3:00 p.m.) are held at Calvary Lutheran, 605 Douglas Street, Alexandria. The next one will be September 14, 2015. Kathy Patton from Anderson Funeral Home will discuss the changes and services they offer from pre-planning to grief support. Our October meeting will be held on the 5<sup>th</sup> of October with Dr. Deb Ristvedt from Gess Eye Clinic as the featured speaker.

*If you no longer wish to receive this newsletter, please send an e-mail to [eldernet@embarqmail.com](mailto:eldernet@embarqmail.com) or call us at 320-763-9084.*

*Elder Network Journal* is printed quarterly to support and promote Elder Network. You can contact us at our office in the Knute Nelson Admin Bldg., 420 12<sup>th</sup> Avenue E, #32, Alexandria, or call 763-9084, email: [eldernet@embarqmail.com](mailto:eldernet@embarqmail.com) Mailing address is PO Box 232, Alexandria.

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