



# Caring Together, Living Better

A Project of AGE<sup>OPTIONS</sup>

Summer/Fall 2011



Connecting Older Adults with  
Community-based Resources and Options

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## Upcoming Event

### **Public Hearing on Alzheimer's Disease and Its Impact on Caregivers**

Illinois House of Representatives  
Committee on Health and  
Healthcare Disparities  
September 26, 2011  
11am-1pm

## Helping South Suburban Families Care for Older Adults



*Members of the Leadership Council with Rev. Barbara Barron, far left, who gave the opening prayer at the CTLB Volunteer Luncheon*

Dear Readers:

As schedules fill up with fall activities, please encourage caregivers to take time for themselves. Contact Sarah Stein at [sarah.stein@ageoptions.org](mailto:sarah.stein@ageoptions.org) or (708)383-0258 or contact one of the local projects offering respite (see chart below) to make a referral. Also, please take a moment to read the home health fraud alert at the bottom of the newsletter and pass along its warning to your friends, family and colleagues.

### **Staff Changes**

Caring Together, Living Better's Community Organizing Specialist (and newsletter editor), Katrina Garrett, resigned from her position. AgeOptions thanks Katrina for her efforts on behalf of south suburban caregivers. We are interviewing candidates to fill the position. In the meantime, please direct all CTLB inquiries to Sarah Stein, AgeOptions Caregiver Coordinator (see contact information above).

Michael Bilandic Building  
C-600 6<sup>th</sup> floor  
160 N. LaSalle  
Chicago, IL

Testimony will be given by panels of experts including doctors, advocates and officials from state Departments on Aging and Public Health

**Local Project Spotlight**

**Victory Christian Assembly Baptist Church**  
2901 W. 159<sup>th</sup> St., Markham



*Apostle Carl L. and Lady Carmela White*

Victory Christian Assembly Baptist Church offers respite care for caregivers who may need personal time for themselves. They also host quarterly luncheons that give caregivers time to socialize with other caregivers and to gain information from the many different speakers. To learn more, you may contact Elder Deborah Jackson at (708)596-9673.

**Caregiver Specialist Honored for His Service**

Catholic Charities formally recognized DeWayne Dunigan in June for his dedicated service to south suburban caregivers. For details please visit: [http://www.catholiccharities.net/media\\_room/media\\_release/192](http://www.catholiccharities.net/media_room/media_release/192)

**New Training Program for Caregivers Includes Faith**

Caring Together, Living Better has successfully completed a pilot test of the Powerful Tools for Caregivers training program, adapted by our partner CJE SeniorLife with assistance from the CTLB Leadership Council. In addition to other “tools” for reducing stress, communicating effectively, etc., the new version of the workshop allows caregivers to explore how their faith can serve as a resource for self-care. The feedback from the pilot participants was overwhelmingly positive. If you are interested in becoming a class leader, there will be a training October 13 and 14 with a short orientation on October 18 for the spiritual component. Please contact Sarah Stein at (708)383-0258 or [sarah.stein@ageoptions.org](mailto:sarah.stein@ageoptions.org) if you are interested in attending the leader training or the caregiver training.

**Local Project Services**

Caring Together, Living Better local projects offer a variety of services to support caregivers in every stage of their caregiving journeys.

| <b>Project</b>                                     | <b>Services</b>   | <b>Phone</b>  |
|--|---|---------------|
| Bethel African Methodist Episcopal Church, Robbins | Support Group, Homebound Caregiver Services, Respite  | (708)389-0477 |
| Covenant United Church of Christ, South Holland    | Educational Forums, Support Group, Resource Referral  | (708)333-5955 |
| Kizer Memorial Church of God in Christ, Harvey     | Caregiver Support Group, Meal Delivery, Respite   | (708)596-0436 |
| Metropolitan Family Services, Blue Island          | Support Group starting this Fall, In-Home Respite and Lunchtime Respite (with transportation) at the Salvation Army, Educational Forums | (708)878-1295 |
| Shekinah Chapel Lutheran Church, Riverdale         | Transportation, Caregiver Luncheons   | (708)849-5711 |
| Valley Kingdom Ministries, South Holland           | Support Group, Educational Forums, Respite, Meal Delivery   | (708)339-9300 |
| Victory Christian Assembly Baptist Church, Markham | Respite, Caregiver Luncheons, Homebound Caregiver Services  | (708)596-9673 |
| Word Made Flesh Worship Center, Midlothian         | Chore Assistance, Respite, Meal Delivery  | (708)597-7989 |

## Graphics Expert Needed

CTLB is looking for a graphics expert willing to donate a few hours to help us create visually appealing educational materials for caregivers. If interested, please contact Sarah Stein at (708)383-0258 or [sarah.stein@ageoptions.org](mailto:sarah.stein@ageoptions.org).

## Caregiver Resources

**Caring Together, Living Better has a Facebook Page!**



Find us on Facebook at [www.facebook.com/caring2gether](http://www.facebook.com/caring2gether)

## **HBO Documentary: The Alzheimer's Project**

This 4-part series, originally shown on HBO, is now viewable online, anytime. There is one segment devoted to caregiving and one about helping children understand dementia.

<http://www.hbo.com/alzheimers/the-films.html>

## **Webinar**

**Caregiving 101: Exploring the Complexities of Family Caregiving**

While this webinar originally occurred in 2010, it is archived online for viewing anytime and its message is always timely for caregivers. <http://bit.ly/hnznP7>

## **Caring Together, Living Better Volunteer Banquet**

About 100 volunteers, community leaders and supporters of Caring Together, Living Better attended our Volunteer Luncheon on June 28th at Adrianna's Banquet Hall in Markham. It was a wonderful opportunity for us to acknowledge those who have contributed time and resources to CTLB. In addition to local project volunteers, community leaders and local police personnel were among the attendees. State Representative William Davis and Apostle Carl White, Jr. spoke, as did many of the local project leaders. Entertainment included inspirational poetry and singing from Shekinah Chapel, as well as praise dancers and a mime performance from Victory Christian Assembly Baptist Church.

## **Home Health Fraud Alert**

AgeOptions has received a number of complaints involving home health agencies in the south suburbs. We are hearing that companies are going door-to-door or calling on the phone offering "free" services in exchange for people's Medicare or Social Security numbers. Also companies may be recruiting children and/or other family members to obtain their older loved ones' Medicare or Social Security numbers to give to the home health company in exchange for payment (this may be marketed as a "job" or way to get paid for caring for a loved one). Once these companies obtain someone's Medicare or Social Security number, they bill Medicare for thousands of dollars in services that they are NOT providing. **This is fraud, and it puts the individuals involved in danger of identity theft and loss of health care benefits.** Please spread this warning and report any suspected health care fraud to AgeOptions SMP Program at (708)383-0258.

**Please forward this newsletter** to colleagues, caregivers and others who know caregivers. If you would like to submit information for possible publication in an upcoming edition of the CTLB newsletter, please email [sarah.stein@ageoptions.org](mailto:sarah.stein@ageoptions.org) or call (708)383-0258.



**AgeOptions**, the Area Agency on Aging of Suburban Cook County, is committed to improving the quality of life and maintaining the dignity of older adults and those who care about them – through leadership and support, community partnerships, comprehensive services, accurate information and powerful advocacy.

## **AgeOptions**

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