

ENGAGE



The quarterly caregiver newsletter from AGE of Central Texas
"Tackling the challenges of aging with expert solutions"
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How Caregivers Can Find Time for New Experiences

By Faith Unger, Program Director for CaregiverU

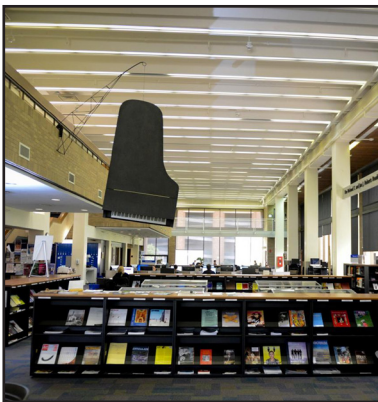
The fall months are traditionally thought of as back to school time. Just saying that phrase, "back to school," evokes a ton of special memories—new clothes, new school supplies, and new things to learn.

What if caregivers could begin a new school year? Learn something new totally unrelated to caregiving? What a concept! What a soul feeder! The thought intrigues many a caregiver, but that thought is usually followed by another: no time for that luxury

But wait a minute! There are numerous ways to meet that quest for new learning. Let's explore a few that could be done during a few hours of regular respite care, during a longer time of carefully planned respite care, or during those special moments in the schedule when the care recipient is otherwise occupied as in sleep time.

Museums: Many Central Texas museums have free days, so that cuts the cost—and if there is no cost, one feels freer to have a short stay!

Libraries: Is there a topic from the museum or the news that you wish to learn more about? The library is a treasure trove of information with books on a variety of topics. Checking out the books and bringing them home allows for reading during the short snippets of free time.



Lectures: Local colleges and universities offer a plethora of learning events. Some of those events are one-time lectures on a specific topic. Watch for announcements of these in the local media, research on the college web site under "events," or just call the college.

Online Courses: Free online courses from several universities can be found online at www.EDX.org. Since these courses are online, the course work can be done at

whatever time works best for the caregiver—like while a care recipient is attending a respite program.

Television: Public broadcasting and cable channels both have wonderful shows on a variety of topics. Consulting the schedule ahead of time will allow you to either plan for respite at that particular time, or—if you have the equipment—to record a show and watch it when the opportunity presents itself.

TED Talks: TED is a nonpartisan non-profit devoted to spreading ideas, usually in the form of short and powerful talks. TED began in 1984 as a conference where Technology, Entertainment and Design (TED) converged, and today the talks cover almost all topics—from science to business to global issues—in more than 110 languages. These pre-recorded, 10-minute talks can be accessed on a computer, tablet, or smart phone. <https://www.ted.com/talks>



Road Scholar: Road scholar trips are group trips planned and organized to provide learning about places, people, history, events, and things. The planning is provided with older adults in mind, and the activity level is always clearly stated. Trips are available year-round and include destinations throughout the world—including those close to home. The costs vary, and there are scholarships for caregivers. www.RoadScholar.org.

Remember that learning can be enriched by sharing with another person. It may not be possible to physically do the activity with another person, but perhaps two or more can do the same learning activity and talk about it through telephone calls, text messages, or email messages. That can open up even more learning!

Faith Unger, M. Ed., is a former school teacher and the Program Director for AGE's CaregiverU program.

(Photos courtesy the University of Texas-Austin [left] and TED Talks [above])

Free Caregiver Seminar

Medicare/Medicaid Updates - Insurance Options for Seniors

Barbara Fountain from Texas Health & Human Services Commission will discuss updates and changes to Medicare and Medicaid that could affect you during this year's open enrollment.

**Saturday, November 12, 2016
10:00 AM to Noon**

AGE of Central Texas will host the free caregiver support seminar **"Medicare/Medicaid Updates - Insurance Options for Seniors"** from 10:00 a.m. to Noon on Saturday, November 12. Part of the on-going workshop series to help family members effectively care for an older loved one, the seminar will be held in the St. David's Foundation Conference Room at the AGE Building, located at 3710 Cedar Street in Austin.

Barbara Fountain from Texas Health & Human Services Commission will discuss updates and changes to Medicare and Medicaid that could affect individuals during this year's open enrollment. The annual Fall Open Enrollment period runs from October 15 through December 7 in 2016 for new coverage that takes effect on January 1, 2017.

Participants can register by calling (512) 600-9275 or online at <http://tinyurl.com/AgeNovember2016>. A limited amount of free respite care for older family members will also be available during the seminar at AGE's Austin Adult Day Health Center by RSVP only. To RSVP for respite, please request the service with online registration or call Gailyn Trammell at (512) 600-9275 no later than November 9.

Get More Caregiver Resources, Delivered to Your In-Box!

**Sign up for the AGE of Central Texas
Caregiver Communique**

Register with your Smart Device

Or sign-up online at
www.AGEofCentralTX.org



"Take Care to Give Care" During National Family Caregivers Month

November is National Family Caregivers Month, and this year's national theme is "Take Care to Give Care." The first rule of taking care of others is always "take care of yourself first." The stress of caregiving responsibilities can easily lead to a higher risk of health issues among the nation's 90 million family caregivers. As a family caregiver, remember to pay attention to your own physical and mental wellness, and get proper rest and nutrition. Only by taking care of yourself can you be strong enough to take care of your loved one.

**NATIONAL
FAMILY CAREGIVERS
MONTH
November 2016**

Caregiving can be a stressful job. Most family caregivers say they feel stressed, and with all of their caregiving responsibilities – from managing medications to arranging doctor appointments to planning meals – caregivers too often put themselves last.

The stress of caregiving impacts your own health. One out of five caregivers admit they have sacrificed their own physical health while caring for a loved one. Family caregivers have a disproportionate number of health and emotional problems, are twice as likely to suffer depression, and are at increased risk for many other chronic conditions.

Proper nutrition helps promote good health. Maintaining a healthy diet is one of the most powerful things you can do to take care of yourself and keep a positive attitude overall. Proper nutrition is key to help maintain your strength, energy and stamina, as well as strengthening your immune system.

Ensuring good nutrition for your loved one helps make care easier. Good nutrition can help maintain muscle health, support recovery, and reduce risk for re-hospitalization – which may help make your care of a loved one easier.

Remember: "Rest. Recharge. Respite." People think of respite as a luxury, but considering caregivers' higher risk for health issues from chronic stress, those risks can be a lot costlier than some time away to recharge. The chance to take a breather, and the opportunity to re-energize, is vital in order for you to be as good a caregiver tomorrow as you were today.

Courtesy the Caregiver Action Network

AGE Celebrates 30 Years of Serving Central Texas

AGE of Central Texas celebrates its 30th Anniversary Year during 2016, so here's a look back at the historical journey of the regional non-profit organization:

1985: Austin Groups for the Elderly established by Austin civic leaders Bert Kruger Smith and Willie Kocurek, to expand services to the elderly and provide the most efficient, cooperative manner possible.



AGE of Central Texas co-founders
Bert Kruger Smith & Willie Kocurek

1986: AGE purchases the vacant School for the Blind from the State's General Land office; opened in 1907 as the Confederate Woman's Home, the facility cared for more than 340 indigent women during a period of 55 years, and was popular site that hosted many Austin community events throughout the years. On Dec. 10, 1990, the **AGE Building** mortgage is paid off.

1990: Elderhaven senior day center, started by Lutheran Social Services in 1974 as the first adult day center in Central Texas, moves to the AGE Building.

1994: AGE launches the annual **AGE Awards**, honoring outstanding achievements by individuals and organizations whose leadership and contributions have had a significant impact on the quality of life for aging adults and their caregivers in Central Texas. *The 22nd Annual AGE Awards were held on April 7th at the LBJ Presidential Library on the University of Texas - Austin.*

1996: AGE assumes operation of Elderhaven; *the program still operates today in the AGE Building as the Austin Adult Day Health Center.*

1998: SeniorNet opens, teaching computer skills to adults 50 years of age and older. *The program continues today as the AGE Computer Lab, offering peer-based technology classes for Central Texas adults.*



2001: "Striking a Balance" Caregiver Conference debuts in collaboration with the Area Agency on Aging of the Capital

Area; the annual event remains the longest-running caregiver conference in Central Texas, with the 2017 "Striking a Balance" Conference slated for Saturday, August 26.

2004: AGE **Caregiver Resource Center** opens to provide information, education, and consultation to caregivers.

2008: AGE transitions from "Austin Groups for the Elderly" to "AGE of Austin" and assumes control of the **Adult Day Health Center in Round Rock**; *both the Austin and Round Rock Centers remain the only licensed adult day health care programs in Central Texas.*

2010: Impact Austin funds the creation of AGE's **Health Equipment Lending Program**, *which today serves more than 1,700 families a year with free loans of durable medical equipment.*

2011: CaregiverU launches to provide free caregiver

CAREGIVERU
A Program of AGE of Central Texas

classes in Central Texas, starting with 5 partner agencies and 10 class leaders. Today, more than 100 class leaders from more than 30 partner agencies offer 40+ free caregiver support classes annually in Travis, Williamson, Hays, and Bastrop counties.

2012: AGE officially changes from "AGE of Austin" to "AGE of Central Texas" and assumes the "New Connections" early memory loss support program at Westlake Hills Presbyterian Church, *which has now grown to four Central Texas sites as the "Memory Connections" program.*

2014: AGE debuts the annual **Williamson County Caregiver Conference** in Round Rock.

Williamson County CAREGIVER CONFERENCE

2016: AGE celebrates 30 Years and launches a partnership with the City of Austin to provide transportation options for senior adults living in 7 of the Housing Authority of the City of Austin (HACA) community residential properties.

FREE Caregiver Education for Family Members Caring for a Loved One

CAREGIVERU

A Program of AGE of Central Texas

Classes are now forming in Travis, Williamson, Hays, and Bastrop Counties; find a free class near you:

www.CaregiverUcenTX.org



AGE of Central Texas is a non-profit organization that tackles the challenges of aging with expert solutions, offering programs, resources, and education for both older adults and those who care for them. Drawn from the words of our founders, Bert Kruger Smith and Willie Kocurek, our vision is to make aging a shared journey of strength and compassion. Call (512) 451-4611 or visit online at www.AGEofCentralTX.org for more information.

Adult Day Health Care

- Providing daytime care for older adults with physical or cognitive needs in the longest-operating licensed, non-residential Day Activity and Health Service Centers in Central Texas.
- Specialized in caring for individuals with memory loss or dementia.
- Convenient locations in Austin and Round Rock, open Monday - Friday from 7:00 a.m. to 5:30 p.m.
- Full-time nurse at each Center to assist with health monitoring and medication management.
- Activities designed to engage both the mind and body including music, brain boosters, gardening, and more
- All-inclusive: full day of activities, meals and snacks, and transportation options.
- Accepting Medicaid, Veteran's benefits, or private pay at \$60 per day.
- Call today for additional information and to schedule a free visit:



Austin Adult Day Health Center
3710 Cedar Street
(512) 458-6305

Round Rock Adult Day Health Center
475 Round Rock West Drive, #120
(512) 255-4865

AGE of Central Texas is an Equal Opportunity Provider

AGE of Central Texas
www.AGEofCentralTX.org

Central Office and Austin Adult Day Health Center
3710 Cedar Street, Austin, TX 78705
(512) 451-4611

Round Rock Adult Day Health Center
475 Round Rock West Drive, #120,
Round Rock, TX 78681
(512) 255-4865

Caregiver Education & Resources

- Navigation center offering free personalized assistance and guidance by phone, email, or walk-in.
- Free educational seminars and conferences with free respite services available.
- Free caregiver support group meetings every month in Austin and Round Rock.



CaregiverU

- Free evidence-based courses for non-professional, family caregivers, offered year-round at locations in Travis, Williamson, Hays, and Bastrop Counties.
- Visit www.CaregiverUcentx.org for current schedules.

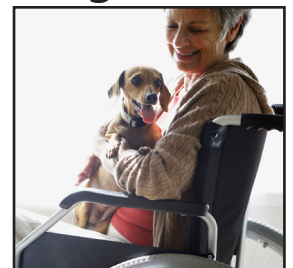
Memory Connections

- Free evidence-informed, weekly cognitive activities and support for individuals with a diagnosis of early-stage Alzheimer's disease, dementia, or memory loss.
- Four weekly locations around Central Texas with sessions from 9:30 a.m. to 2:30 p.m.



Health Equipment Lending

- Free loans of gently-used durable medical equipment and free incontinence products available.
- Call (512) 600-9288 or email help@ageofcentraltx.org to request or reserve items.



Peer-Based Computer Classes

- Peer-to-peer technology instruction through low-cost classes and seminars for senior adults.
- Visit www.AGEcomputer.org for the current class schedules and more information.