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Autumn 2022 | Volume 19, Issue 4

Happy Fall, Y'all!



Pictured above are the wonderful ladies from the community who threw this year's Partners in Aging Caregiver Appreciation luncheon.

On September 15th we were able to be a part of hosting the Caregivers Luncheon at Bonefish Grill in Fredericksburg. It was a huge success and we were so happy to be able to shower the caregivers who were able to attend with love and support.



HEALTHY
GENERATIONS

460 Lendall Lane

Fredericksburg, VA 22405

540-371-3375

FAX 540-371-3384

www.healthygenerations.org

info@healthygenerations.org

Hours M - F, 8 am - 4:30 pm

To enhance the quality of life for all older citizens.

9 Autumn Safety and Health Tips

Get vaccinated

Seniors are at greater risk of influenza during autumn. What's worse, the flu can aggravate pre-existing health conditions and even require hospitalization. So, before the winter sets in, consult your physician and get the recommended vaccines.

Keep yourself warm

While it may not be cold enough to pull out your sweaters and jackets, you may want to put on additional layers of clothing throughout autumn. Go for non-skid shoes that will keep you from falling or tripping.

Clear away the fallen leaves

Fallen leaves can get soggy from the rain, increasing the risk of slips and falls. Keep your driveways and sidewalks clean by getting the leaves cleared regularly.

Maintain your HVAC to regulate indoor temperature

Make sure that your heating systems are in great shape by scheduling regular maintenance. If you have a fireplace, get the chimney and furnaces inspected and cleaned to prevent fire hazards.

Keep the shovels ready!

Depending on where you live, you may experience an early taste of winter snow and ice during autumn. So keep the shovels handy, and get help clearing the snow in case your area gets an early winter storm.

Light up your surroundings

The key to preventing unfortunate falls and trips is to watch where you are walking, which in turn requires your living space to be well-lit. Here are a few lighting tips that may help you: Set up lights in hallways, bedrooms, and any other room that you may use in the evenings. Store flashlights in drawers and cabinets that are easily accessible.



Respite care helps you recharge from the hard work of being a caregiver.

Call us to learn more about our respite reimbursement grant.

540-371-3375





“Difficult” is Not A Diagnosis

What to Do When Your Loved One's Behavior is Hard to Deal With

Although this article is written for nursing home residents, it is important information to all.

IN A NUTSHELL

“Difficult” is not a diagnosis and it is inappropriate to label anyone this way. Actions and behaviors are a form of communication by which residents are expressing an unmet need. There are a great deal of reasons that may explain your loved one’s actions, and you do not have to agree to any treatment or medication you are uncomfortable with. There are steps the nursing home should take to assess and try to address what might be causing your loved one’s behavior or distress before resorting to medication, such as an antipsychotic drug, for which she may not have a clinical diagnosis. The nursing home cannot discharge your loved one without any notice. There is a process. Your loved one has rights.

WHAT ARE HER RIGHTS?

Every person living in a nursing home has a right to quality, individualized care that meets their needs. The nursing home must provide care and services to help your loved one “attain or maintain” their highest level of wellbeing – physically, mentally, and emotionally. You can ask the facility what’s changed that may have triggered the distress. Could there be a medical reason? Is she in pain? Is your mother getting enough sleep? Was there an environmental change – is it too hot or cold? Is there a new roommate? Have there been changes to her routine? Has there been a change in medication? Figuring out the cause of the distress or need is necessary for finding an appropriate solution. A new assessment may be necessary. Nursing homes must assess each resident and create a plan of care that spells out what care and services the person will receive to meet their needs, preferences, and goals. Care plans need to be re-evaluated every three months, or when there is a change in condition, to determine if something should be added or deleted from the plan. If your mother shows distress, or the facility suggests a new medication to control your mother’s behavior, request a care planning conference.



WHAT IS A CARE PLANNING CONFERENCE?

A care planning conference is a meeting with staff from different departments where residents and their families talk about their needs and their life in the facility.

All staff working with the resident should be involved in the conference. Medical and non-medical issues are addressed. By knowing the person's history, likes, dislikes, triggers, and comforts, staff can better meet their needs. Residents and their families can bring up problems, ask questions, and give the staff information. Talk about meals and activities that your mother likes and doesn't like, her schedule, her communication and physical abilities, and more. It's a place to raise concerns and develop solutions for things that are not working. The staff must talk to you about treatment decisions, like medications, and they can only do what you agree to.

ARE THERE OTHER PLACES TO TURN FOR HELP?

You may feel like you're all alone, but there are resources and supports that can help. You can talk directly with the nurse in charge or the director of nursing. You can speak with your mother's personal doctor and the facility medical director.

Beyond care planning and working with the facility, you have options.

FAMILY COUNCILS

Determine if your nursing home has a family council. A family council is a group of family members and sometimes friends of residents who come together to share experiences, advocate, and communicate their concerns to their facility. Family councils can be an effective way to work for change and improvements in your facility.

LONG-TERM CARE OMBUDSMAN PROGRAM

Reach out to your Long-Term Care Ombudsman program for help. Long-Term Care Ombudsmen are advocates who can work with you to advocate for your loved one. They help resolve complaints and are good sources of information. You can contact the State Long-Term Care Ombudsman for questions and concerns at

(804) 726-6617.



 **Call for appointment**
540-371-3375



What is **Options Counseling?**

- ✓ Find the best support options for your needs so you can age-in-place
- ✓ Your Options Counselor helps you understand the supports available and how to get them
- ✓ Plan the assistance you will seek, and decide who you will ask to help



Bringing in over \$10,000 for our Emergency Services Program, the 5th Annual Electric Stride for Healthy Generations Area Agency on Aging was a great success this year!



Spring Arbor and Spring Arbor Cottages of Fredericksburg



Chancellor's Village



Westmoreland Health and Rehabilitation Center



Comfort Keepers



Mary Washington Healthcare

We couldn't have done it without our amazing sponsors and walkers! Thank you for all your support!



Comfort Home Care Services



Encompass Health and Rehabilitation Hospital



"GET TO KNOW A VOLUNTEER"

Devin Parker



1. Where are you from?

Fredericksburg, Virginia

2. What are some fun facts about you?

I love playing football!

3. What is your dream vacation destination?

Bora Bora

4. Favorite book?

The Key to Success

5. Favorite video game or board game?

NBA 2K is my favorite video game.

6. Favorite movie and TV show?

Any Tyler Perry movie!

7. What volunteer opportunities are you working on now?

Street Team Member

8. How did you choose Healthy Generations for your volunteer opportunity?

My grandmother, Mary Edwards, works for HGAAA

9. Would you like to share anything about your volunteer experiences?

My volunteer experience has been amazing! What I did made a difference. volunteering made me feel great. I learned that it keeps you united and I have a passion for helping others. I will continue to volunteer and help the community.

INTERESTED IN VOLUNTEERING?

Many volunteer opportunities are available!

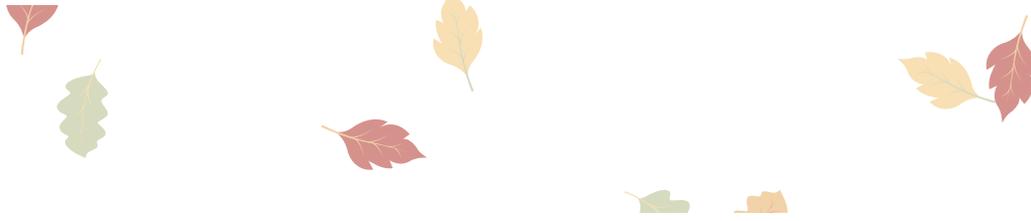
Contact our Volunteer Coordinator, Brice Woodall for more information

bwoodall@healthygenerations.org

540-371-3375

www.healthygenerations.org





Autumn - Word Search

Y Z T T Q P M O C T O B E R F Y A
 A T Z E Q U I N O X Z N S R E N S
 C H W K M N I K P M U P O K H O P
 H A B I Z L N Q E W P S R V V S O
 I N C N N R O C H M T U C Z W A R
 L K P E H D E O A A T C O L D E C
 L S V E O M Y B H N R B L U B S N
 Y G W W W F X A M C N V H M N W F
 I I D O A E Y P R E S I E I S T A
 O V D L H S A U Q S T V N S B T R
 U I L L T D U F W S O P Z G T I M
 H N G A I I V F A N U W E K M P I
 E G C H O D Z E K A R N D S M M N
 H K L E P E F Z C Z I X X M Y I G

CANNING
 CHILLY
 COLD
 CROPS
 EQUINOX
 FALL
 FARMING
 FEAST

FROST
 HALLOWEEN
 HARVEST
 HAYSTACK
 NOVEMBER
 OCTOBER
 PUMPKIN

RAKE
 SCHOOL
 SEASON
 SEPTEMBER
 SQUASH
 THANKSGIVING
 TURKEY
 WINDY



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**Client Services Coordinator -
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 Neal Tidman

Options Counselor
 Kim Merritt

Volunteer/Café Coordinator
 Brice Woodall

**Mobility Options Scheduling
 Assistant**
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Title V Coordinator
 Mary Edwards



**Healthy Generations Area Agency on Aging
460 Lendall Lane
Fredericksburg, VA 22405**

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Send your donation payable to:
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