

Bethany Seniority
January 2018

This Year 2018

Love what you see in the mirror
Make time for creativity.
Never say no to adventure
Eat more green food
Send snail mail
Send handwritten thank you's
Buy less, choose well
Give out too many compliments
Travel
Be kind
Volunteer your time and skills
Take a cooking class
Give the present of presence
Learn from others
Embrace simplicity

Coachman's Square Wants You to Know

You've worked your whole life to make your senior years your best years. Even with all that planning, sometimes you still need financial guidance to take the next step. Learn about Coachman Square's complimentary program which can help guide you through the process. And, with Winter season approaching, you may be thinking of how you are going to manage. Learn about Coachman's short term stays so you can enjoy a safe, social community with none of the stress that comes with cold winter months! Come to the Janice von Beren Senior Center on Wednesday January 17, 2017 and learn about Coachman's Programs that they have to offer. The guest speaker will inform you immediately following lunch. Lunch is at 12Noon. We do have a snow date for Wednesday January 24th same time immediately following lunch.

Ways to Respond When Someone with Alzheimer's Says I Want to Go Home

Hearing seniors say "I want to go home" over and over again is something Alzheimer's and dementia caregivers often deal with. It's especially frustrating to hear when they're **already** home.

The big question is how to respond in a way that calms them down and helps them let go of the idea. First, it helps to understand why they're saying this and what they really mean. Next, do your best to not take it personally so you can stay calm too.

Then, use one of these 3 kind responses. These calming answers can help you avoid upsetting your older adult or getting into a big fight.

Why they're asking to go home

"I want to go home" is usually a request for comfort rather than asking to go somewhere. When responding, the goal is to reduce your older adult's anxiety and fear so they can let go of the idea.

This terrible disease causes people's brains to experience the world in a different or strange way. The best thing you can do is meet them where they are, focus on comfort and reassurance, and respond to the emotions behind their request.

These suggestions will put you on the right track, but be prepared to get creative too. Not everything you try will work the first time. And even if something works once, it might not work every time. Don't get discouraged, this definitely gets easier with practice.

3 kind, soothing responses to "I want to go home"

1. Reassure and comfort

Approach your older adult with a calm, soothing, and relaxed manner. If you remain calm, they'll start calming down too. They'll pick up on your body language and tone of voice and will subconsciously start to match you.

Sometimes saying "I want to go home" is how your senior tells you they're tense, anxious, scared, or in need of extra comfort. If they like hugs, this is a good time for a big one. Others may prefer gentle touching or stroking on their arm or shoulder or simply having you sit with them.

Another way of giving extra comfort and reassurance is to give them a comforting blanket, therapy doll, or stuffed animal to cuddle.

2. Avoid reasoning and explanations

Don't try to explain that they're in their own home, assisted living is now their home, or they moved in with you 3 years ago.

Trying to use reason and logic with someone who has a brain disease will only make them more insistent, agitated, and distressed. They won't be able to process that information and will feel like you're stopping them from doing something they know is important.

3. Agree, then redirect and distract

Being able to redirect and distract is a challenging, but very effective technique. It's a skill that improves with practice, so don't get down on yourself up if the first few attempts don't work perfectly.

First, agree and validate

Agree by saying something like "Ok, we'll go soon." or "That's a good idea. We'll go as soon as I clean up these dishes." This calms the situation because you're not telling them they're wrong.

Then, redirect and distract

After agreeing, subtly redirect their attention. This redirection should lead into pleasant and distracting activities that take their minds away from wanting to go home.

For example, you could gently take their elbow while saying "Ok, we'll go soon" and walk down the hall together to a big window or to the kitchen. Point out some of the beautiful birds and flowers outside or offer a snack or drink they like. Later, casually shift to another activity that's part of their daily routine.

Another example is saying "Ok, let's get your sweater so you won't be cold when we go outside." Then, while you're both walking and chatting about something pleasant, stop for a cup of tea or get involved in an activity they enjoy.

Or, ask them to tell you about their home. After a while, guide the conversation to a neutral topic. Asking about their home validates their feelings, encourages them to share positive memories, and distracts them from their original goal of going home.

Open questions that encourage them to share their thoughts work well. For example:

Your home sounds lovely, tell me more about it.

What's the first thing you're going to do when you get home?

What is your favorite room of the house?

WEATHER CONDITIONS: For The Janice von Beren Senior Center Activities and Senior Bus transportation and also the discretion of the driver ...follows the Amity School District and the Bethany Community School PROCEDURES...IF SCHOOLS ARE CLOSED DUE TO WEATHER CONDITIONS, THE SENIOR CENTER IS CLOSED and senior bus transportation is cancelled. My suggestion, if you have a medical appointment, and they are predicting snow, call your medical provider and reschedule or find alternative means of transportation.

Be A Dear and Make It Clear

Driveways, sidewalks and steps should be kept clear of brush, trees, and snow/ice for easy accessibility for the bus and the driver and YOU the passenger. If these conditions are not met, the driver will not be able to pick you up.

Bus Service Schedule

Monday's, Wednesdays and Fridays from 9:00am to 4:30pm. You may call 203 393-2100 Ext.1324 to reserve a ride. If you are not familiar with our Senior Bus transportation by all means call me 203 393-2100 Ext. 1124, I'll be more than happy to get you acquainted with our bus service and how it works and send you a brochure.

Here's a rundown of what you need to know

Basic Service: Door to door, accommodates 2 wheelchairs, must provide your own wheelchair. Where can you go: Ansonia, Beacon Falls, Cheshire, Derby, Hamden, New Haven, Orange, Prospect, Seymour, Waterbury, West Haven, Woodbridge and of course Bethany.

Who Can you bring? A personal care attendant at no extra charge, guide dogs.

In case of inclement weather, the Transportation Program will be cancelled.

The bus driver cannot leave the bus to assist you inside a building.

The transportation bus will not operate on weekends, holidays, or when the Bethany Town Hall is closed.

Trip Rates: \$2.50 per destination, \$1.50 one way within the confines of Bethany.

Free Tax Aide With AARP and What You Need to Know

Begins Tuesday February 6th, and every subsequent Tuesday until Tuesday April 17th.

Appointments start at 9:00AM and the last one is at 1:00PM.

Free income tax assistance is provided at the Janice von Beren Senior Center

by the AARP Tax-Aide program for low to moderate income taxpayers **of all ages**, with special attention to those 60 and older. Remember you do not have to be an AARP member to take advantage of this program; also you do not have to be a Bethany Resident.

What to Bring All taxpayers should have with them the following information:

If married, both husband and wife should be present.

Proof of identity (picture or other documentation).

Social security number (Social Security Card or Benefit

Statement-Form SSA-1099) for taxpayer and all taxpayer's dependents.

Personal check, if available, with bank checking account & routing numbers

Copy of last year's Federal and state tax returns.

All income statements that apply to the taxpayers 2016 Federal and state income taxes.

Who to Call for an appointment Call 203 393-2100 ext. 1351 a certified AARP Tax-Aide counselor will call you back so you can obtain additional information or schedule an appointment with.

Where to Go Free income tax assistance is provided at the Janice von Beren Senior Center located on the ground level of the Bethany Town Hall, 40 Peck Road, Bethany CT.

Energy Assistance Program

Appointments are being scheduled for Bethany residents for the 2017-2018 Connecticut Energy Assistance Program. Verification of income, assets which includes but not limited to last bank statement(s), checks(s), copies of pay stubs, tips, workman's compensation (documentation of gross income for the last 4 weeks prior to the application date, social security benefits, utility bill, a statement from your heating source vendor, pension current monthly, unemployment printout,

alimony/child support, interest/dividends, if you are self-employed, food stamp award notice, rental income, signed and dated statement from friends/relatives contributing to your household stating amount and frequency. Bring social security cards for all household members. Dates of birth, documented verification of any disability. Current rent receipt. No income tax return statements will be accepted as proof of income. Applications cannot be approved without a current electric bill.

Understand these are not my rules, this is dictated by Federal/State guidelines. I do not determine eligibility. Your application is forwarded to TEAM in Derby.

Eligibility for benefits is based on the households' total annual gross income, household size, and liquid assets. Liquid assets are defined as those assets that are readily convertible to cash such as savings/checking accounts, bonds, stocks, certificates of deposit, annuities and if applicable individual retirement accounts.

TEAM to notify you if you need to submit additional paper work, or if your household has been approved or denied via mail.

I will help you get through the paper work; give me at least one hour. I cannot take appointments on Wednesdays. Call me at 203 393-2100 Ext. 1124 to make an appointment. I will send you via mail or e-mail the list of documents you need to bring in prior to your appointment. Home visits are available to homebound persons. Here's my e-mail address jdelvecchio@bethany-ct.com.

You may call TEAM for further questions at 203 736-5420 their office hours are: 8:30AM to 4:30PM.