



CARING FOR THE CAREGIVER

Rhonda's Caregiver Corner

By Rhonda L. Custard – Caregiver Coordinator

Caregiving is a way to give back to those who cared or had a part in caring for us. Some Caregivers make the decision to care for others early in life. Other Caregivers are thrust into the position. No matter how a Caregiver becomes a caregiver, the responsibility is great.

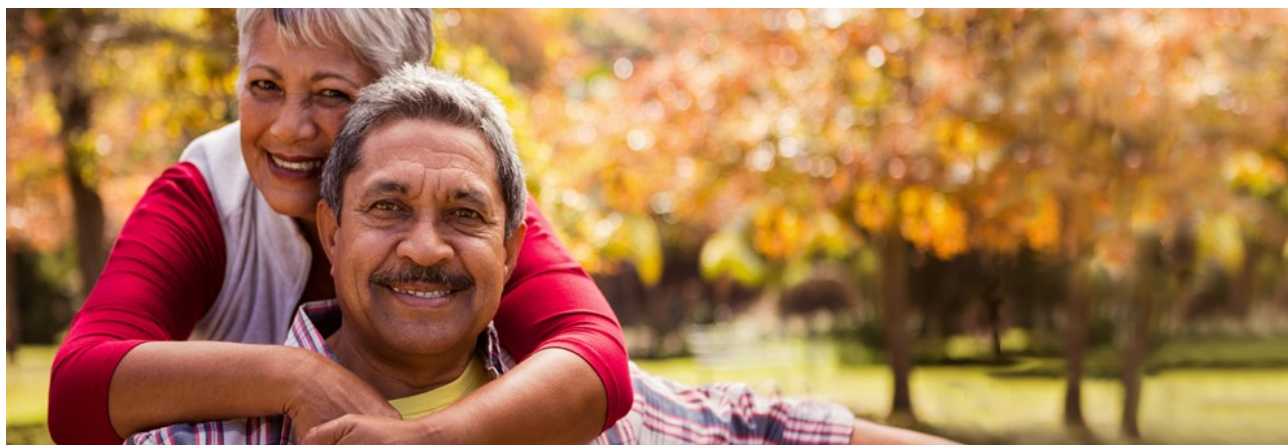
There are some key nuggets we all need to remember: for Autumn:

- Your health as a Caregiver is imperative! Maintaining your well-being is vital to your caregiving tasks. This includes making sure you have updated

vaccines and making plans to check out the latest information about Medicare.

- Medicare Part D Open Enrollment started in October and runs through Dec. 7.
- Fire Safety is essential. Making sure your home and your loved one who lives alone in his or her home during all seasons, it is a necessity for peace of mind knowing your family has taken fire safety precautions.

Affirming Nugget: *“I am committed to improving myself and I am getting better daily.” – Idowu Koyenikan*



Stay cozy - and safe - this Autumn

Autumn's cooler temperatures are perfect for bringing warmth and comfort into our lives and the lives of our loved ones. Fuzzy throws, simmering soups and scented candles are some of the traditions we look forward to and enjoy.

These items of comfort, however, can also be dangerous if we take the attitude that “everything will be all right.” Being safety-aware is important to reduce your chances of having a house fire.

Home fires are on the rise across the country. Children under 5 and adults over 65 have double the risk of injury, so here are some seasonal safety tips to keep your home safe while you stay cozy (courtesy of the American Red Cross):

Cooking fires

Cooking fires are the leading cause of home fires and injuries. Unattended cooking causes almost 90% of kitchen fires.

Keep an eye on what you fry

Stay in the kitchen when you are frying, grilling or using the broiler. If you must leave for even a short time, turn off the stove.

When you're simmering, baking, boiling or roasting food, check it regularly, remain in the house and use a timer to remind yourself to check what's cooking. Tip: set the timer on your cell phone and keep it with you so you'll not forget about the stove.

Keep the stovetop free from anything that can burn: No oven mitts, towels or food packaging on the stove, and keep utensils away from burners.

Don't cook while wearing loose clothing or dangling sleeves that may catch fire from touching a hot burner.

Clean surfaces regularly to prevent grease buildup.

Consider getting a fire extinguisher for your kitchen, and learn how to use and maintain it.

Make a new habit to check the kitchen before going to bed or leaving the house to make sure all burners, ovens and small appliances are turned off.

Heating safety

Heating fires are the second leading cause of home fires.

Keep anything that could catch fire at least 3 feet from a space heater or fireplace.

Make sure blankets or throws do not cover a floor heater or a space heater.

Candle safety

Consider using electric scent diffuser instead of burning candles or incense.

Have flashlights and batteries on hand to use in case of emergency, instead of candles.

If you must use a candle, never leave it unattended, and make sure nothing near it can catch fire. Place the candle holder on a solid surface.

Install and maintain smoke alarms

Working smoke alarms cut the risk of dying in a home fire in half.

Install a smoke alarm on every level of the house, and



consider additional units near the kitchen and in bedrooms.

Smoke alarms get weak over time. Replace any smoke alarm that's 10 years old.

If you can't hear well enough for the alarm to wake you, look into getting a device that will shake the bed or set off a strobe light.

Call our resource center at 855-200-2372 for information about free smoke alarms.

Practice your 2-Minute Escape Plan

Make and have the household practice an escape plan.

Find two ways out of every room, for example, a door and a window. Always keep escape routes free from furniture, equipment or clutter. Make sure you can open the window.

Choose a safe place to meet outside, by the big tree, for example. That way you'll know if everyone is out of the house in case of a fire.

Call 911 after you are safely out of the house.

If a fire starts in your home, the Red Cross says, you may have less than two minutes to safely escape.

Get low and go. Stay low to avoid smoke and fumes.

Get out and stay out. Never go back inside. Don't stop to look for valuables.

If you would like more information about protecting your loved ones, "Disaster and Emergency Preparedness for Older Adults" is a detailed guide from the American Red Cross with practical ideas. Go to www.redcross.org/prepare or call the Wichita area Red Cross at 316-219-4000 for information.

Slow Cooker White Bean & Chicken Chili

Here's a different kind of chili recipe that's perfect for a crisp, Autumn day. The herbs and spices add interest to this savory dish, while chicken and spinach tip it to the healthy side! Best of all, this recipe is for your slow cooker, where the flavors will meld together and chicken will be tender and flavorful.

Ingredients

2 pounds boneless, skinless chicken thighs
 Kosher salt and black pepper
 3 tablespoons olive oil
 2 yellow onions, chopped
 8 cloves garlic, finely chopped
 1 jalapeno, minced (seeded for less heat, if desired)
 Three 4-ounce cans chopped mild green chiles
 2 teaspoons ground cumin
 1 teaspoon ground cayenne
 1 teaspoon dried oregano
 3 cups chicken stock
 Two 14-ounce cans great Northern beans, drained and rinsed
 One 5-ounce bag baby spinach
 2 limes, halved
 For Serving: Shredded white cheddar, Monterey Jack or cotija cheese; diced avocado, sour cream, fresh cilantro leaves
 Yield Serves: 8

Monthly Caregiver Support Group

Do you care for a loved one over the age of 60 and sometimes feel alone, exhausted or frustrated? Spending time with other caregivers can be a way to find support, be heard and learn new ways to cope.

Join us on the third Wednesday of the month at 6 p.m., virtually or in-person.

Contact **Jessica Huber** at **855-200-2372** or **JHuber@CPAAA.Org**.

Preparation

Place chicken in a slow cooker and season with salt and pepper.

In a large sauté pan, heat olive oil over medium heat. Add the onion with a large pinch of salt and sauté until softened, 7 to 10 minutes. Add the garlic, jalapeno, green chilies, cumin, cayenne and oregano, and stir another 1 to 2 minutes.

Transfer the mixture to the slow cooker, then add chicken stock. Cover and cook on low until the chicken is tender, about 4 hours.

Remove the chicken, shred it and return it to the slow cooker. Add the beans and spinach, and stir. Replace the cover and cook another 30 minutes to an hour.

Taste for salt and season, as needed.

Just before serving, squeeze the lime juice into the chili and stir.

Serve the chili in bowls and let everyone choose their toppings.

(rachelrayshow.com)

GRANDPA
 doesn't have diabetes.

SO WHY IS THERE A CLAIM FOR A GLUCOSE MONITOR ON HIS MSN?

SMP
 Senior Medicare Patrol
 Preventing Medicare Fraud
 SUPPORTED BY CIGNA & POLYPHOSPHATE (CPM) INC.

Do you help a loved one with their health care needs? If you do, offer to help review their Medicare statements. If you see something that you know your loved one doesn't need, use or even have, report it to the Senior Medicare Patrol at smpresource.gov.

JOIN US FOR CAREGIVER CHAT ON FACEBOOK



As a caregiver, you play a vital role in helping older adults maintain their health and independence. Caregiving can be immensely rewarding but often caregivers are faced with multiple challenges.

Caregiver Chat provides a network of support!

Each Friday, Central Plains Area Agency on Aging's caregiver expert provides information, tips and videos using Facebook as an easily accessible online support system. "Caregivers Caring for One Another" is a private Facebook group for caregivers to receive support from each other. Please request to join the group, and share!

W W W . C P A A A . O R G
J O I N U S O N
F A C E B O O K & Y O U T U B E



**CENTRAL PLAINS AREA
AGENCY ON AGING
271 W 3RD ST N., STE 500
WICHITA, KS 67202**

MISSION STATEMENT

Assisting older adults, caregivers and individuals with disabilities to achieve improved health and greater independence.

VISION STATEMENT

We envision a community that empowers and supports individuals to live and age with dignity and choice.

Central Plains Area Agency on Aging is mandated to advocate for older adults in the community along with current and future policies impacting them. We are dedicated to being a leader in the aging field and work with a network of providers to offer services that meet the needs of the community while planning for current and future needs. CPAAA has been serving older adults, caregivers and people with disabilities for nearly 50 years.

INFORMATION AND OPTIONS COUNSELING

1-855-200-2372