

REGION VI AGING SERVICES

Carrie Thompson Widmer; Regional Aging Services Program Administrator

Serving: Stutsman, Barnes, Griggs, Foster, Wells, Logan, McIntosh, LaMoure & Dickey Counties



Fall 2010




INSIDE THIS ISSUE

- Page 2: *Veterans Day*
- Page 3: *Voter Requirements and General Election*
- Page 4: *Outreach Service Changes/ Preparedness Month*
- Page 5: *LIHEAP Fuel Assistance Applications Accepted*
- Page 5: *DHS Aging Services Director, Linda Wright, Retires*
- Pages 6-7: *Older Americans Act*
- Page 7: *Telephone Support Group*
- Pages 8-9: *ND Family Caregiver Support Program*
- Page 10: *Lutheran Social Services Housing Project*
- Page 11: *Telephone Numbers to Know*
- Page 12: *Upcoming Events*

Thrivent to host Document Day at Valley City Senior Center

The Barnes County Chapter of Thrivent Financial will host The North Dakota Attorney General’s Office Consumer Protection Division on Monday, November 8, 2010 from 1:00 p.m. to 3:00 p.m. There will be a presentation on document security, a review of other consumer protection services, and personal security tips. Following the presentation, staff of that division and volunteers will be available to assist individuals in determining if their personal documents can be shredded or saved. Consumers are encouraged to bring documents they may have questions about or information about retention and shredding. The Barnes County Chapter of Thrivent Financial will sponsor secure shred bins for document disposal and refreshments. For further information, please contact Region VI Aging Services Division 1-800-260-1310 ext 6395.



Aging Services Newsletter
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 Peggy Krein, WCHSC



Veterans Day

Veterans Day is always observed in the U.S. on November 11th. The holiday began as Armistice Day on November 11, 1919, the first anniversary of the end of World War I.

In 1918, on the eleventh hour of the eleventh day in the eleventh month, the world rejoiced and celebrated. After four years of bitter war, an armistice was signed. The "war to end all wars" was over.

November 11, 1919 was set aside as Armistice Day in the United States to remember the sacrifices that men and women made during World War I in order to ensure a lasting peace. On Armistice Day, soldiers who survived the war marched in a parade through their hometowns. Politicians and veteran officers gave speeches and held ceremonies of thanks for the peace they had won.

Congress voted Armistice Day a federal holiday in 1938, 20 years after the war ended. But Americans realized that the previous war would not be the last one. World War II began the following year. After the Second World War, Armistice Day continued to be observed on November 11th.

In 1953, townspeople in Emporia, Kansas called the holiday Veterans Day in gratitude to the veterans in their town. Soon after, Congress passed a bill introduced by a Kansas congressman renaming the federal holiday to Veterans Day.

Americans still give thanks for peace on Veterans Day. There are ceremonies and speeches and at 11:00 in the morning, many Americans observe a moment of silence, remembering those who fought for peace.



A Veterans Day ceremony will be held Thursday, November 11th at 10:00 a.m. at the Russell Reid Auditorium at the North Dakota Heritage Center on the State Capitol grounds.

The ceremony will conclude in time for guests to observe the sun shine through the opening in the All Veterans Memorial on the Capitol grounds to illuminate the state of North Dakota on the globe in the center of the memorial at 11 a.m.



Be counted; cast your VOTE on November 2nd!

voter requirement

Are you eligible to vote?

If the statements below are true for you, then you are eligible to cast your vote.

- United States Citizen
- 18 years or older
- Live in North Dakota
- Lived in this precinct for at least 30 days before the election
- Not presently incarcerated for a felony
- Have not had voting privileges revoked through order of a court

■ ***Have Your ID Ready***

You will be asked to prove you are eligible to vote in this precinct. Be sure and have proper ID ready to show election officials. It's the law!

■ ***Don't Meet the Residency Requirements?***

You may still be able to vote for the president. (See voting procedures section of the Election Law: Who Can Vote Poster.)

■ ***Mark Clearly & Be Careful***

Marking your vote clearly is very important. Be sure to darken the ovals next to your choices. Also, don't damage or remove things from the ballot. It could disqualify your vote.

■ ***Keep Your Vote A Secret***

It is important not to wear political campaign materials at the polls – it's against the law. Unless you require assistance to vote, revealing your choices is unwise.

Outreach Changes

For twenty-four plus year's we were accustomed to outreach services through South Central Adult Services from Carrie Becker. Carrie retired in July. She and her husband have relocated to the Fargo area where Carrie looks forward to a new career as "Grandma." We wish Carrie all of the best and thank her for her dedicated service. Pat Hansen, Director of South Central Adult Services has announced the new face in Logan and McIntosh Outreach is Echo Ulmer.



Echo Ulmer

Echo comes to us from South Dakota. She and her family have relocated to the Wishek area. Her primary office will be at the Wishek Senior Center 701-452-2472 Welcome Echo!

Diana Zahn, Dickey County Outreach and The Ellendale meal site manager has also announced her intent to retire. Diana has been with Dickey County Senior Services since 1996. She has agreed to serve part time in the interim until an applicant can be "on board." We thank Diana for her dedicated service and wish her well in the next phase of her life. Best wishes Diana!



September is Preparedness Month

~ Prepare. Plan. Stay informed. ~

Bismarck, ND - Governor John Hoeven has proclaimed September as Preparedness Month in North Dakota to raise awareness on the importance of being prepared in the event of emergencies and disasters.

Preparing for emergencies includes:

- Assembling an emergency supply kit.
- Preparing a family emergency plan.

- Staying informed about potential emergencies and their appropriate responses.

For more information about getting prepared, visit the "Get Ready, Get Set, Get Safe" section of the NDDDES website at www.nd.gov/des/get/ and use the links on the left-hand side of the page. For more information about Preparedness Month, please visit www.ready.gov/.

LIHEAP Fuel Assistance Applications Accepted October 1st

With rising fuels costs and extreme cold temperatures common in our area, some individuals worry about how they will cover their heating expenses each winter. The purpose of the Low Income Home Energy Assistance Program (LIHEAP) is to provide home energy assistance to eligible low-income households. The North Dakota Department of Human Services and the County Social Service Boards administer the LIHEAP program.



Applications for this assistance program are accepted October 1-May 31 of each heating season, or until program funds are used up. You must apply each season. You may get an application from your local County Social Service Board, Community Action Agency or other agencies. Applications are submitted to the County Social Service Office and a financial assessment will be conducted.

If income eligible, services include:

- heating assistance
- making your home energy efficient
- furnace and chimney cleaning
- emergency assistance
- furnace replacements
- minor repairs, and
- energy cost reduction devices

For more information on the Low Income Home Energy Assistance Program (LIHEAP), contact your County Social Service Office or visit:

www.nd.gov/dhs/services/financialhelp/energyassist.html

DHS Aging Services Director Retires

Linda Wright spent the past 36 years working to better the lives of older adults in ND. She began her “Aging Services” career delivering Older American Act (OAA) Title III services in Devils Lake. She then moved to the Human Service Center in Devils Lake as a Regional Aging Services Coordinator serving the 6 counties in the catchment area including the Spirit Lake and Turtle Mountain Indian Reservations. Her work with the Tribal providers encouraging the delivery of OAA services on the reservations is most noteworthy.

Linda came to the State office in 1992 to assume leadership of the Division of Aging Services. In this capacity, along with her many duties, she worked to develop a response system for reporting vulnerable adult abuse, neglect and exploitation, VAPS, and the ND Family Caregiver Support Program. She was, and is, an enthusiastic supporter of the Aging and Disability Resource Center grant and subsequent pilot effort in Region VII. She provided both history and direction to the grant application process and to the plan to transition to ADRC/Options Counseling statewide in the next three years.

Linda reports she is looking forward to spending time with her family, most especially the newest member her baby grandson born in August. We in “Aging Services” will miss Linda and thank her for her devotion and commitment to serving the citizens



of ND; we wish her the best!

Older Americans Act Services

The Older Americans Act of 1965 (OAA) was enacted to improve the lives of America's older individuals in relation to income, health, housing, employment, long-term care, retirement, and community service. The underlying purpose is to enhance the ability of older individuals to maintain as much independence as possible and to remain in their own homes and communities. Federal funds are allocated to states on an annual basis to provide services to older individuals.

Services Available:

- Congregate Meals, Provides nutritional meals in a group setting
- Escort Shopping Assistance, Provides personally assistance to help people with physical or cognitive difficulties to obtain services outside the home environment
- Family Caregiver Support Program, Provides support services to informal caregivers and older adults caring for children 18 and younger
- Health Maintenance, Provides monitoring and screening services for early detection of health issues, and also provides health education, referral and follow-up
- Home Delivered Meals, Provides homebound individuals who are unable to prepare an adequate meal with a nutritious meal
- Legal Assistance, Provides legal advice and representation by an attorney to older individuals with economic or social needs
- Outreach - Includes interventions by an agency or organization for the purpose of identifying potential clients and encouraging their use of existing services and benefits
- Transportation, Provides a method of travel from one specific location to another specific location to access essential community services
- Senior Companion Services, A service that offers periodic companionship and non-medical support by volunteers (who may receive a stipend) to adults with special needs

Eligibility Requirements:

Older Americans Act Services are available to individuals who are age 60 and older. There is no means test. Individuals must be given the opportunity to contribute to the cost of the service; however, no one can be denied service due to inability or unwillingness to contribute.

Seeking Services:

For information about Older Americans Act Services in your area, go to www.carechoice.nd.gov web site, call (800) 451-8693, 701-253-6395, or [e-mail](#) for more information and assistance.

AGING SERVICES NEWSLETTER

Please share this newsletter with a friend, co-worker, at your Senior Center, post on a bulletin board, etc. If you wish not to be on the mailing list for the newsletter, please contact **Carrie Thompson Widmer** at **253-6395**. You are welcome to submit any news you may have regarding services and activities that are of interest to seniors in this region. **South Central Human Service Center** makes available all services and assistance without regard to race, color, national origin, religion, age, sex, or handicap, and is subject to Title VI of the Civil Rights Act of 1964, Section 504 of the Rehabilitation Act of 1975 as amended. **South Central Human Service Center** is an equal

Memory Loss Support & Education

“A safe place to share in confidence your ideas, struggles & hopes.”

Three new telephone support groups being funded through The ND Department of Human Services, Aging Services Division will begin in October.

Some helpful facts about the telephone support groups:

- *The dial-in numbers are toll-free, so participants incur no charges.*
- *Pre-registration is required – participants will receive dial-in information at the time of registration.*
- *There are a limited number of spots for each session and participation is first come, first served.*
- *Participants may remain anonymous during the phone call if they wish.*
- *Anyone in North Dakota may use any of the three groups; people may also call in for more than one group, as long as they are pre-registered.*

-Are you caring for someone with memory loss?-

ND telephone support groups – call in from any location with a telephone. Calls are toll-free and participants may remain anonymous. You must pre-register by calling (701) 258-4933.

First Thursday of the month – 10 am CST
First Saturday of the month – 10 am CST
Fourth Thursday of the month – 2 pm CST

ND Family Caregiver Support Program

Common Causes of Dementia

Alzheimer's disease is the best-known cause of dementia — but there are a slew of other causes, too. Do you know what they are?

By Madeline Vann, MPH

Medically reviewed by Pat F. Bass III, MD, MPH

Dementia is really a big umbrella term that covers a number of different conditions that cause dementia symptoms. Of these, Alzheimer's disease is the most common and perhaps best known — but it's not the only one.

“There are many different types of dementia,” says Ross Andel, PhD, associate professor at the School of Aging Studies at the University of South Florida in Tampa. “The most common types of dementia are Alzheimer's disease, vascular dementia, Lewy body dementia, and Parkinson's disease. All types of dementia are characterized by abnormal neurodegeneration, that is, brain cells dying off in high numbers daily. In most cases, this leads to cognitive and behavioral deficits or, in Parkinson's disease, to deficits in motor skills.”

One of the ways in which types of dementia are categorized is by where the damage to these cells is occurring in the brain.

Broadly speaking, types of dementia are grouped as cortical or subcortical. Cortical refers to dementias that originate in damage to the cortex — the outer, gray, wrinkled layer of brain tissue with which people may be most familiar. Subcortical dementia has its roots in structures below the cortex, inside the brain. The dementia symptoms vary based on whether the dementia is cortical or subcortical. Despite this distinction, dementias of all kinds often involve multiple parts of the brain, and there is ongoing debate as to whether this is a meaningful way to categorize dementia symptoms.

Cortical Dementia

Cortical dementia is likely to result in dementia symptoms such as loss of memory, loss of the ability to recognize people, and difficulty recalling the right words for things or concepts. Cortical dementias include:

- **Alzheimer's disease.** Alzheimer's disease causes a loss of memory and ability to think clearly. It is a progressive disease, eventually leading to a loss of ability to complete tasks of daily living.
- **Creutzfeldt-Jakob disease.** Also sometimes called mad cow disease, Creutzfeldt-Jacob occurs when naturally occurring brain proteins called prions start to change shape. This leads to cognitive impairments such as loss of memory, changes in thought processes, and changes in behavior.
- **Frontotemporal dementia.** This type of dementia results from degeneration of cells in the frontal lobe; it's characterized by behavioral and language deficits at a relatively young age — as young as 40.

- **Wernicke-Korsakoff syndrome.** This type of dementia is due to a deficiency in thiamine (vitamin B1) but is also often related to a history of heavy alcohol consumption or to having AIDS, or acquired immunodeficiency syndrome. Memory is affected, and people with this dementia often tell untrue stories that they fully believe to be true. Physically, this dementia can interfere with a person's ability to move smoothly.

Subcortical Dementia

Dementia symptoms associated with subcortical dementias include loss of motor skills and the ability to learn processes, resulting in a general sense of slowing down. These types of dementia include:

- **Huntington's disease.** A rare, inherited cause of dementia, Huntington's disease leads to problems with motion such as twitches and lack of balance or coordination and may also lead to changes in mood, personality, and behavior.
- **Parkinson's disease.** Parkinson's disease is characterized by the gradual loss of motor skills, or shakiness and tremors while in motion. People with Parkinson's disease may eventually experience other dementia symptoms, such as loss of memory.
- **Vascular dementia.** Vascular dementia occurs as the result of loss of oxygenated blood to parts of the brain. This can be the result of a single stroke or many small strokes, in which case it is called multi-infarct dementia. Evidence shows that subcortical vascular dementia also has effects in the cortex, leading to cortical dementia symptoms.

Some types of dementia appear to affect both cortical and subcortical areas of the brain. Dementia with Lewy bodies falls in this group. This type of dementia occurs because clusters of a certain type of protein called alpha-synuclein form in the neurons in various areas of the brain, leading to impaired memory, motor skills, and mood. Dementia with Lewy bodies can resemble both Alzheimer's disease and Parkinson's disease — and Lewy bodies are often found in patients with other types of dementia.

These are only a few of the many possible causes of dementia — and it's important to understand the cause of your dementia because it will affect treatment decisions.

Credits

Common Causes of Dementia is republished with permission from <http://www.EverydayHealth.com/>

By Madeline Vann, MPH - Medically reviewed by Pat F. Bass III, MD, MPH

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For more information regarding the North Dakota Family Caregiver Support Program call Susan Galloway at (701) 253-6396, or toll free 1-800-260-1310. This program can provide for the cost of respite care services on an intermittent and occasional basis for relief of the primary caregiver.



Remember to get your flu shot!!

Lutheran Social Services Announces Plan for Hospital Building



The current Jamestown Hospital, which started in 1919 as the Lutheran Charity Association, is building a new facility. LSS Housing is partnering with Roers Development to redevelop the existing site, preserving a community landmark, and give the facility a new purpose. The residential units are designed for mostly independent living, said Jessica Thomasson, director of Lutheran Social Services Housing, Inc. The facility may include services like occasional housekeeping, medication dispensing and optional meals at the cafeteria. Thomasson said some of the residences for people with certain levels of income and others will be for any income level. "We'll be able to serve really the wide range of people," she said. Construction on the facility is expected in August on next year. Roers' expects resident move-in sometime in late 2012.

The Jamestown Senior Housing Community will feature:

- 50+ units of senior housing
- Independent and senior living
- Community and support services available in the building
- Anticipated occupancy in 2012

<http://www.lssnd.org/housing/>

Every morning you are handed 24 golden hours. They are one of the few things in this world that you get free of charge. If you had all the money in the world, you couldn't buy an extra hour. What will you do with this priceless treasure? Remember, you must use it, as it is given only once. Once wasted you cannot get it back. *Anonymous*

Telephone Numbers to Know

Regional Aging Services Program Administrators

Region I:	Karen Quick	1-800-231-7724
Region II:	MariDon Sorum	1-888-470-6968
Region III:	Donna Olson	1-888-607-8610
Region IV:	Patricia Soli	1-888-256-6742
Region V:	Sandy Arends	1-888-342-4900
Region VI:	CarrieThompson-Widmer	1-800-260-1310
Region VII:	Cherry Schmidt	1-888-328-2662 (local: 328-8787)
Region VIII:	Mark Jesser	1-888-227-7525

Aging & Disability Resource Center (ADRC)

Region VII Pilot:	Lynette Hinckley	328-8605
	Options Counseling: Katie Halloran	328-8606

ND Family Caregiver Coordinators

Region I:	Karen Quick	1-800-231-7724
Region II:	Theresa Flagstad	1-888-470-6968
Region III:	Kim Helten	1-888-607-8610
Region IV:	Raeann Johnson	1-888-256-6742
Region V:	Laura Fischer	1-888-342-4900
Region VI:	Susan Galloway	1-800-260-1310
Region VII:	Tammie Johnson	1-888-328-2662 (local: 328-8776)
Region VIII:	Rene Schmidt	1-888-227-7525

Long-Term Care Ombudsman Services

State Ombudsman:	Joan Ehrhardt	1-800-451-8693
Region I & II:	Deb Kraft	1-888-470-6968
Region III & IV:	Kim Helten or Donna Olson	(701-665-2200) OR 1-888-607-8610
Region V & VI:	Bryan Fredrickson	1-888-342-4900
Region VII:	Joan Ehrhardt	1-800-451-8693
Region VIII:	Mark Jesser	1-888-227-7525

Vulnerable Adult Protective Services

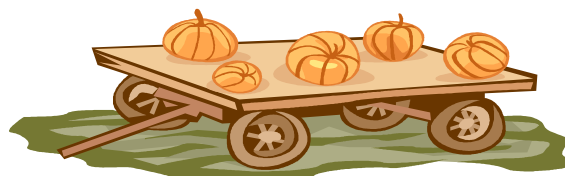
Region I & II:	Deb Kraft	1-888-470-6968
Region III:	Kim Helten, Donna Olson, Tabitha Welk	1-888-607-8610 or 1-701-665-2200
Region IV:	Patricia Soli	1-888-256-6742
	Direct referral to GFCSS VAPS:	1-701-787-8540
	Raeann Johnson (VAT):	1-888-256-6742
Region V:	Sandy Arends	1-888-342-4900
	Direct referral may be made to Cass County Adult Protective Services unit:	1-701-241-5747
Region VI:	Carrie Thompson-Widmer & Donna Lindberg	1-701-253-6395 & 1-701-253-6401
Region VII:	Cherry Schmidt or Karla Backman	1-888-328-2662 or 1-701-328-8888 (local: 328-8787 or 328-8868)
Region VIII:	Rene Schmidt	1-888-227-7525

Other

Aging Services Division and "Resource Link": www.carechoice.nd.gov	1-800-451-8693
AARP:	1-866-554-5383
Mental Health America of ND Help-Line:	211 or 1-800-472-2911
IPAT (Assistive Technology):	1-800-265-4728
Legal Services of North Dakota:	1-800-634-5263
or (age 60+):	1-866-621-9886
Attorney General's Office of Consumer Protection:	1-701-328-3404 1-800-472-2600
Social Security Administration:	1-800-772-1213
Medicare:	1-800-633-4227
State Health Insurance Counseling (SHIC) ND Insurance Department:	1-701-328-2440 1-888-575-6611
Prescription Connection:	1-888-575-6611
Alzheimer's Association:	1-701-258-4933 1-800-272-3900

**Carrie Thompson Widmer
Regional Aging Services Program Administrator
South Central Human Service Center
PO Box 2055
520 3rd St NW
Jamestown, ND 58402-2055**

Phone: 1-701-253-6395
Toll Free: 1-800-260-1310



To:

Upcoming Events

- **General Election – Cast your vote and be counted!.....November 2, 2010**
- **Change Your Clocks - - Fall Back.....November 7, 2010**
- **Document Shredding/Security Awareness – Valley City Senior Center...November 8, 2010**
- **Veterans Day.....November 11, 2010**
- **Thanksgiving Day.....November 25, 2010**
- **November is Caregivers Month, Alzheimer’s Month & Diabetes Month...November 2010**

MISSION STATEMENT

In a leadership role, Aging Services will actively advocate for individual life choices and develop quality services in response to the needs of vulnerable adults, persons with physical disabilities, and an aging society in North Dakota.