

# REGION VI AGING SERVICES

Carrie Thompson Widmer, Regional Aging Services Program Administrator

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



## Summer 2009



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### **Funding Increase for Senior (OAA) Services in 2009-2011 Biennium**

North Dakota Seniors will benefit from increases in State funding approved by Governor Hoeven as a result of the 2009 Legislative Session.

State funding is increased by \$991,200 and federal funds from the American Recovery and Reinvestment Act (stimulus funds) add an additional \$485,000. In combination with Federal Older American Act (OAA) funds a total of \$9,000,054 has been budgeted for the next two years to assure quality Nutrition services are available for persons age 60+ in North Dakota.

ND Senior Service Providers contract with the Aging Services Division of the Department of Human Services to provide Nutrition services throughout the state.



Region VII Newsletter compiled by  
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Layout & design by   
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## Regional Human Service Centers

2009

The N.D. Department of Human Services' eight regional human service centers provide an array of community-based services, either directly or through contracts with providers. Services include: aging services, vocational rehabilitation, mental health services, developmental disability services, addiction treatment, vulnerable adult protective services, crisis and outreach services, and other human services.

They are the access point for State Hospital admissions. Human service center employees also provide direction and oversight for services offered through county social service offices and other providers. **Crisis lines are answered 24 hours per day, seven days a week.**

<b>Contact Information</b>	
<p><b>West Central Human Service Center – Bismarck</b>            1237 W Divide Ave Suite 5            Bismarck, ND 58501-1208  <i>Counties served for human service programs: Burleigh, Emmons, Grant, Kidder, McLean, Mercer, Morton, Oliver, Sheridan, and Sioux.</i></p>	<p>701-328-8888            Toll Free: 1-888-328-2662            Fax: 701-328-8900            TTY: 1-800-366-6888 (Relay ND)  <b>Crisis Line: 701 328-8899</b> OR            Toll Free: 1-888-328-2112            E-mail: <a href="mailto:dhschwchsc@nd.gov">dhschwchsc@nd.gov</a></p>
<p><b>Outreach Office</b>            1101 Third Ave NW, Beulah, ND 58523</p>	<p>701-873-2399 / 1-888-616-1441            Fax: 701-873-2939</p>
<p><b>Lake Region Human Service Center – Devils Lake</b>            200 Hwy 2 SW, Devils Lake, ND 58301  <i>Counties served for human service programs: Benson, Cavalier, Eddy, Ramsey, Rolette, and Towner.</i></p>	<p>701-665-2200            Fax: 701-665-2300            TTY: 701-665-2211  <b>Crisis Line: 701-662-5050</b>            E-mail: <a href="mailto:dhslrhsc@nd.gov">dhslrhsc@nd.gov</a></p>
<p><b>Badlands Human Service Center - Dickinson</b>            300 13<sup>th</sup> Ave W, Suite 1, Dickinson, ND 58601  <i>Counties served for human service programs: Adams, Billings, Bowman, Dunn, Golden Valley, Hettinger, Slope, and Stark.</i></p>	<p>701-227-7500            Fax: 701-227-7575            Toll Free: 1-888-227-7525  <b>Crisis Line: 866-491-2472 OR 701-290-5719</b>            TTY: 701-227-7574            E-mail: <a href="mailto:dhsblhsc@nd.gov">dhsblhsc@nd.gov</a></p>
<p><b>Southeast Human Service Center - Fargo</b>            2624 9<sup>th</sup> Ave SW, Fargo, ND 58103-2350  <i>Counties served for human service programs: Cass, Ransom, Richland, Sargent, Steele and Traill. Day care licensing services are provided to Barnes, Cass, Dickey, Eddy, Foster, Griggs, LaMoure, Logan, Ransom, Richland, Sargent, Steele, Traill, and Wells.</i></p>	<p>701-298-4500            Fax: 701-298-4400            Toll Free: 1-888-342-4900            TTY: 701-298-4450  <b>Crisis Line: 701-235-SEEK (7335)</b>            Suicide Prevention: 1-800-273-TALK (8255)            E-mail: <a href="mailto:dhssehsc@nd.gov">dhssehsc@nd.gov</a></p>
<p><b>North Central Human Service Center – Minot</b>            400 22<sup>nd</sup> Ave NW, Minot, ND 58703-1089  <i>Counties served for human service programs: Bottineau, Burke, McHenry, Mountrail, Pierce, Renville and Ward.</i></p>	<p>701-857-8500            Fax: 701-857-8555            TTY: 701-857-8666  <b>Crisis Line: 701-857-8500</b> OR            Toll Free: 1-888-470-6968            E-mail: <a href="mailto:dhsnchsc@nd.gov">dhsnchsc@nd.gov</a></p>

<b>Contact Information (continued)</b>	
<b>Northeast Human Service Center – Grand Forks</b> 151 S 4 <sup>th</sup> St Suite 401, Grand Forks, ND 58201-4735 <i>Counties served for human service programs: Grand Forks, Nelson, Pembina, and Walsh.</i>	701-795-3000 Fax: 701-795-3050 TTY: 701-795-3060 <b>Crisis Line: 701-775-0525 or -0526 OR 1-1-800-845-3731</b> E-mail: <a href="mailto:dhsnehsc@nd.gov">dhsnehsc@nd.gov</a>
<b>Outreach Office</b> 5 <sup>th</sup> & School Road, <b>Grafton</b> , ND 58237	701-352-4334 Toll Free: 1-888-845-2215
<b>South Central Human Service Center – Jamestown</b> 520 3 <sup>rd</sup> St NW, Box 2055, Jamestown, ND 58402 <i>Counties served for human service programs: Barnes, Dickey, Foster, Griggs, LaMoure, Logan, McIntosh, Stutsman, and Wells.</i>	701-253-6300 Fax: 701-253-6400 TTY: 701-253-6414 <b>Crisis Line: 701-253-6304</b> Toll Free: 1-800-260-1310 E-mail: <a href="mailto:dhsschsc@nd.gov">dhsschsc@nd.gov</a>
<b>North Central Human Service Center – Minot</b> 400 22 <sup>nd</sup> Ave NW, Minot, ND 58703-1089 <i>Counties served for human service programs: Bottineau, Burke, McHenry, Mountrail, Pierce, Renville and Ward.</i>	701-857-8500 Fax: 701-857-8555 TTY: 701-857-8666 <b>Crisis Line: 701-857-8500 OR</b> Toll Free: 1-888-470-6968 E-mail: <a href="mailto:dhsnchsc@nd.gov">dhsnchsc@nd.gov</a>
<b>Northwest Human Service Center – Williston</b> 316 2 <sup>nd</sup> Ave W, PO Box 1266, Williston, ND 58802-1266 <i>Counties served for human service programs: Divide, McKenzie, and Williams.</i>	701-774-4600 Fax: 701-774-4620 Toll Free (ND only): 1-800-231-7724 <b>Crisis Line: 701-572-9111</b> TTY: 701-774-4692 E-mail: <a href="mailto:dhsnwhsc@nd.gov">dhsnwhsc@nd.gov</a>

#### Other ND Department of Human Services Statewide Resources:

- North Dakota **Aging and Disability Resource LINK** – Provides help locating long-term services and providers. Nationwide Toll Free: **1-800-451-8693**  
 Web site: [www.carechoice.nd.gov](http://www.carechoice.nd.gov), E-mail: [carechoice@nd.gov](mailto:carechoice@nd.gov)
- North Dakota **Long Term Care Ombudsman** – Educates people about the rights of residents of long-term care facilities and responds to requests for information and receives, investigates, mediates, and responds to concerns and complaints about long-term care services.  
 1237 W Divide Ave, Suite 6, Bismarck, ND 58501-1208 / **701-328-4617 or 1-800-451-8693**
- **Child Health Coverage Programs** – Provides help accessing health coverage through Medicaid, Healthy Steps-children's health insurance plan, and the Care Program.  
 Toll Free: **1-877-KIDSNOW OR 1-877-543-7669**
- **Child Support Enforcement Customer Service** – Assist with payment information and problem resolution, and receive updates on contact information.  
 Toll Free: **1-800-231-4255** / Web site: [www.childsupportnd.com](http://www.childsupportnd.com), E-mail: [soscsc@nd.gov](mailto:soscsc@nd.gov)
- **County Social Service Offices** – Are the access points to apply for public assistance programs and provide social work services related to child welfare, and aging and vulnerable adult services.  
 On-line Contact Information: <http://www.nd.gov/dhs/locations/countysocialserv/>

# MARK YOUR CALENDAR



**The Northern Plains Conference on Aging and Disability**  
**Resilience and Wisdom through Aging**  
September 22, 23, 24, 2009  
Ramada Plaza Suites  
Fargo, ND

### Keynote Speakers

**Colin Combs**, Associate Professor, University of North Dakota, and Research Expert in the Area of Neuroninflammation.

**Harry R. Moody**, Director of Academic Affairs for AARP and Older Adult Education Author

**Bruce Christopher**, Clinical Psychologist, Humorist and Credentialed Professional Speaker

**Deadra Stanton**, Independent Professional Training and Coaching Professional

**NPCAD**  
NORTHERN PLAINS CONFERENCE ON AGING & DISABILITY

[www.northernplainsconference.com](http://www.northernplainsconference.com)

CONFERENCE BROCHURE TO BE MAILED EARLY AUGUST, 2009.



[www.northernplainsconference.com](http://www.northernplainsconference.com)

Conference Brochure to be mailed early August, 2009.

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Registration Information: *An early bird rate applies before August 28, 2009*

**MSU Moorhead Continuing Studies**

1-218-477-5862



## **HBO – The Alzheimer's Project**

A four part documentary series changing the way America thinks about Alzheimer's disease. This DVD series presented by HBO Documentary films takes a close look at ground breaking discoveries made by the countries leading scientists, as well as the effects of this debilitating disease both on those with Alzheimer's and their families. The series was sent out to regional aging units with hopes of having seniors obtain the information and discuss the growing implications of this disease.

**A showing of this educational series can be arranged by calling Carrie Thompson Widmer, Region VI Aging Services Program Administrator, 1 800 260 1310 ext 6995 or 701-253-6395. To view the entire series and allow for discussion, five sessions of approximately 1 ½ hours should be allowed.(Momentum in Science viewed in two dates, part 1 and part 2 due to length of information presented)**

The four DVD's consist of:

**The Memory Loss Tapes:** A 90-minute documentary capturing the experiences of memory loss on seven families living with Alzheimer's.

### **Grandpa, Do You Know Who I Am?**

This session is geared toward grandchildren and young teens dealing with a grandparent's illness. It presents vignettes that can help a child understand and deal with a relative's gradual decline into Alzheimer's disease. Maria Shriver, whose father was diagnosed with the disease, provides commentary and guidance through five insightful lessons. Good for grandparents and grandchildren alike!

### **Momentum in Science, Parts 1 & 2**

Two years in the making, Momentum in Science details the current research in the medical and scientific communities – from imaging to the earliest signs of Alzheimer's, to understanding the roles that genetics and lifestyle might play, to the tremendous progress being made in the effort to develop drugs to treat or even prevent the disease.


### **Caregivers**

A collection of five family portraits that illustrate caring for those in different stages of Alzheimer's disease. Each highlights the sacrifices, struggles, and successes made by those experiencing their loved one's decent into dementia.



# ND Family Caregiver Support Program

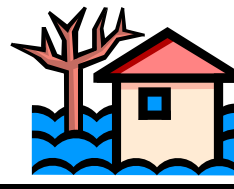
## Caregiver Survival Tips

- 1. Plan ahead** - Plan for outings ahead of time so that you can schedule a respite provider or family member to be home with your loved one. Complete a “Fact Sheet” with all of your loved one's pertinent medical information including medications, physician name, and emergency contact numbers and give a copy to your family, providers, and place a copy by the telephone. This will ensure that your loved one gets prompt treatment if you are not home. 
- 2. Learn about available resources** - Home care services, or home health, home delivered meals or frozen meals, public nursing services, county services – Home and Community Based Services/Medicaid, Senior Companion Program, Adult Day Programs, Bis/Man Transit, Alzheimer's Association, Legal Assistance of North Dakota, Senior Health Insurance Program, Life Line, Regional Aging Services – ND Family Caregiver Support Program, Caregiver Exchange Program, and many more services listed with the North Dakota Aging and Disability Resource-Link at 1-800-451-8693, or [www.carechoice.nd.gov](http://www.carechoice.nd.gov).
- 3. Take one day at a time** - Set a realistic goal – Realize that sometimes you have to settle for it being good enough. “The house isn’t as clean as I like it, but it is good enough.” Try to let go of the less important things and prioritize what is important. Continue to do the things you love and try to include your loved one in things that they enjoy. Look for support groups and friends/family that are emotionally healthy and positive.
- 4. Develop a contingency plan** – Discuss a plan with family members that outline a plan if you become ill or incapable of continuing to be a caregiver. Where will your loved one go, and who is willing to help with the process. Attach a listing of the “Fact Sheet” that you developed in #1, so that those caring for your loved one are aware of their medical needs.
- 5. Accept Help** - Make a list of tasks that you are willing to allow someone else to do, and be ready to accept the help when someone offers assistance. For example: mowing the grass, run to the grocery store or pharmacy, prepare a meal, check the oil in the car, or fix a leaking faucet.
- 6. Make your health a priority** - Pay attention to your health needs; see your physician when needed and don't ignore symptoms that you may be having. Take your medications as prescribed. Get in-home help with personal care such a bathing, if you are not physically able to provide the care. Make sure your home is equipped with grab bars, bath chairs, and any other equipment as necessary. Be sure you know the proper way to lift and transfer before you try to do this at home alone. Home health agencies can provide training, if needed. Remember ...if you don't take care of yourself...who will take care of your loved one.

7. **Get enough rest and eat properly** - You have to get your rest so that you are able to continue to be the caregiver. You may need to look at in-home help to allow you to get the rest that you need. Some individuals have hired help to come in at night so that they are able to get the rest that they need to function during the day. Or, see if your family members are able to come and stay one night a week to help during the night. Look at home delivered meals as an easy fix for one meal.
8. **Make time for leisure** - Everyone needs a break and needs to have time for themselves. Leave the house when you have adequate help for your loved one, or look at Adult Day Programs for out of the home respite. Some caregivers just want some alone time in their home. You may need to pay for services, but keep in mind that money spent on in-home care allows you to keep your loved one home longer, and will save in the long term on skilled long-term care. Schedule brief breaks such as reading a book, take a short walk, exercise, take a bath, take a nap, get a massage, or plan a coffee time with friends.
9. **Be good to yourself** - This should be easy, but it is usually the last thing we consider. What makes you happy, relaxed, or stress free? Music, reading, getting your hair/nails done, fishing, gardening, laughing, woodworking, visiting with friends. Only you can decide. You are doing a very important job in being your loved ones caregiver, recognize your effort, accept the praise, and keep up the good work.
10. **Share your feelings with others** – Stay connected with your friends, keep your family informed and involved and let them know when you are struggling. If your family is not available, consider joining a support group in your local community. This will allow you to not feel so isolated and alone, as there are many other people that are dealing with many of the same issues.

*For more information regarding the North Dakota Family Caregiver Support Program call Susan Galloway at 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.*

## Drops of Water



Spring flooding seemed to hit all of those along the James and Sheyenne rivers with great impact. For those in Barnes and LaMoure counties many days were spent adapting senior services: from evacuation, to making sandwiches for the sand baggers, to calling on those folks who may be in need. We thank all of the seniors and volunteers who assisted in the flood efforts.

The Governor's Forum on Aging was cancelled due to floods and impassible roads in the region. Please watch for a rescheduled event later in the fall. Other regions held their forums and had very positive responses about medical issues presented. Delores Rath, Jamestown, is the Governor's Representative from our region.

South Central Human Service Center remains in its alternate location since a dike was installed in the middle of the parking lot. The building remains inaccessible, no water damage occurred and there are no definite plans to remove the dike and return to normal business operations at the site at the time of publication. The temporary location is on 2<sup>nd</sup> St SW in the old Job Service building.



## Stop , Shop, and visit RSVP Volunteers at The Frontier Village

On June 1<sup>st</sup> RSVP Volunteers began staffing a project enterprise at Jamestown's Frontier Village. It's known as the **RSVP Dakota Store**. The retail store is located at the east end of the Depot on the village site near the World's Largest Buffalo. From jellies and syrups to soaps bison sausage, lotions, books, calendars, and unique gift baskets, the RSVP Dakota Store features a variety of food and gift products made in North Dakota, said Deb Lee, RVP South Central project coordinator.

The items come from Pride of Dakota, which offers close to 400 products; only 30 are at the store now, but Lee said she expects to carry about 45 in the future. Products come from across the state, including meat marinade from Williston and sunflower seed snacks from Wahpeton, Lee said.

The Village is the second most visited tourist attraction in North Dakota and the volunteers have been enjoying opportunities to acquaint themselves to the store and to visitors from across the 50 states thus far.

The RSVP Dakota Store is operated by RSVP South Central, Lee said. That means the store will be staffed entirely by RSVP volunteers. Profits will go back into the nonprofit program.

Lee expects about 20 volunteers to clerk the store throughout the summer, she said.

"It's all about the volunteers," Lee said.

Lee said she remembers visitors asking about special products from North Dakota and where to buy them when she was a greeter at the village. The new RSVP Dakota Store offers those products to tourists wanting to take home something from North Dakota, Lee said.

The hours are generally 9 am to 5 pm Monday to Saturday. Sunday's hours are 11 am to 5 pm. They hope the store will be a destination for local residents shopping for a unique gift as well as for those stopping in the area at The National Buffalo Museum, The Frontier Village, or for those trying to catch a glimpse of the three albino buffalo roaming the grounds.



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**We believe that every person has value and deserves dignity and respect.**

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**Adult Protective Services:**

- A vulnerable adult has the right to make decisions on his or her behalf until he or she delegates responsibility voluntarily to another or the court grants responsibility to another.
- When interests compete, a competent individual's decision supersedes community concerns about safety, landlord concerns about property, or family concerns about health or finances.
- A person can choose to live "in harm" or even self-destructively, if she or he is competent to choose, does not harm others and commits no crimes.

**How Calls Are Handled:**

When a Regional Human Service Center receives a call about suspected abuse or neglect of vulnerable adults:

- Staff assesses the situation via phone to determine if an emergency exists.
- If it is not an emergency, but requires more than providing information and referral, staff may make a home visit and offer needed services.

ND Century Code 50-25.2-03 states that any person who reasonably believes that a vulnerable adult has been subjected to abuse or neglect, **may** report the information to the Department of Human Services or Law Enforcement.

**To Make a Report:**

South Central Human Service Center  
Aging Services Unit  
701-253-6401  
Or Toll-Free  
1-800-260-1310

For more information, contact the North Dakota Aging and Disability Resource-LINK at:  
1-800-451-8693

**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 **Cherry Schmidt** at **328-8787**. You are welcome to submit any news you may have regarding services and activities that are of interest to seniors in this region. **West 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. **West Central Human Service Center** is an equal opportunity employer.

**Carrie Thompson Widmer  
Regional Aging Services Program Administrator  
South Central Human Service Center  
530 3<sup>rd</sup> Street NW  
Jamestown, ND 58402-2055**

Phone: 1-701-253-6300  
Toll Free: 1-800-260-1310



## Upcoming Events

Caregiver Training for Alzheimer's and related dementias .....June 29, 2009  
( pre registration is required 253-6396 )  
Alzheimer's HBO series – James River Senior Center 1 pm...Part 4.....June 29, 2009  
Northern Plains Aging and Disability Conference.....September 22,23,24, 2009  
Governor's Forum on Aging Region VI.....to be arranged

### 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.*