

# REGION VI AGING SERVICES

**Carrie Thompson Widmer, Regional Aging Services Program Administrator**

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



## Winter 2010




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### **Engan Named Director of Aging Services Division**

BISMARCK, N.D. – The N.D. Department of Human Services has hired Jan Engan as director of the Aging Services Division, which administers programs and services that help older individuals and adults with physical disabilities remain living independently in their homes and communities.



Layout & design by   
Peggy Krein, WCHSC

Programs and services funded by the division include home-delivered and congregate meals, health screenings and outreach services, the Family Caregiver Support Program, vulnerable adult protective services, and the Aging and Disability Resource LINK – an online ([www.carechoice.nd.gov](http://www.carechoice.nd.gov)) and telephone resource to help seniors and people with physical disabilities find needed services. The division is also responsible for the long-term care ombudsman program, guardianship

services for vulnerable adults, the Senior Community Services Employment Program, distribution of telecommunications equipment and assistive equipment, and licensing of adult family foster care.

“Jan has a clear understanding of issues facing older North Dakotans including those in rural areas,” said Department of Human Services Executive Director Carol K. Olson. “She has a keen interest in supporting independent living through services and supports including nutrition, which is a key component of maintaining good health.”

Engan has over 30 years of experience in administration and providing direct services to older adults, their families and people with disabilities.

Prior to joining the department, Engan worked for the Area Agency on Aging in Arizona as the director of independent living services and was involved in the Senior Community Services Employment Program. She has also served as executive director of the Older Alaskans Program in Anchorage, Alaska, and managed the Senior Companion Program for Lutheran Social Services of North Dakota.

Engan is a Minnesota native. She is a licensed social worker and a certified dietary manager. **Welcome Jan!**

**Q: What do snowmen eat for breakfast?**



**A: Snowflakes.**

## National Family Caregivers Month

President Obama proclaimed November 2010 as National Family Caregivers month and encouraged all Americans to pay tribute to those who provide care for their family members, friends, and neighbors in need.

Caregivers often look after multiple generations of family members. Their efforts are vital to the quality of life of countless American seniors, bringing comfort and friendship to these treasured citizens. However, this labor of love can result in physical, psychological, and financial hardship for caregivers, and research suggests they often put their own health and well-being at risk while assisting loved ones.

Through the National Family Caregiver Support Program \*\*, individuals can help their loved ones remain comfortably in the home and receive assistance with their care giving responsibilities. This program provides *information, assistance, counseling, training, support groups, and respite care* for caregivers across our country.

During National Family Caregivers Month, millions of Americans who gave endlessly of themselves to provide for the health and well-being of a beloved family member were honored. Through their countless hours of service to their families and communities, they are a shining example of our Nation's great capacity to care for each other.

*(Taken from the November 10, 2010 Technical Assistance Exchange Newsletter)*

**\*\*Danelle Van Zinderen is the ND Family Caregiver Coordinator for Region VI. She can be reached by calling 701-253-6396 or by email:**

[dvanzinderen@nd.gov](mailto:dvanzinderen@nd.gov)



## Did You Know?

Legal Services of North Dakota  
Legal Questions and Answers for Seniors

### Help! I Need Information on Medicare Supplemental Insurance

#### What Provisions Should I Look For In My Supplemental Policy?

##### 1. Coordination of Benefits

The policy should have a "coordination of benefits" clause, which means the policy will not pay when another insurer pays, or each insurer will pay part of the costs, not to exceed the actual cost.

Duplicate coverage is costly and often means multiple premiums with no greater protection than a single good policy.

##### 2. Preexisting Condition

Generally, the policy will not pay for medical conditions occurring before the policy's effective date.

Make sure you know the effective date, as you are responsible for all medical costs resulting from an illness **before** this date.

Discuss medical conditions which are permanently excluded or are not payable until a future date. You will be responsible for the costs of these conditions.

**Always** get the information in writing.

**DISCLAIMER:** *This information is not legal advice. If you have a legal problem, you should talk to a lawyer and ask for advice about your options.*

For more information on these and other legal questions call:

**Legal Services of North Dakota's  
Senior Legal Helpline**

**Toll Free – 1-866-621-9886 or go on line to [www.legalassist.org](http://www.legalassist.org)**

## Outstanding Rural Transit Systems improve mobility, enhance opportunity for transit-dependent riders

For each of the last 15 years, our [Federal Transit Administration](#) has recognized transit providers that overcome significant challenges to deliver reliable services to families, seniors, and persons with disabilities who live and work in rural, often far-flung communities. Six awards were presented. South Central Adult Services was one of the recipients. South Central Adult Services of Valley City is the Title III contractor with DHS- Aging Services Division for nutrition services in Region VI and also provides transit in many of those communities.

The awards were given to rural systems that have addressed and overcome major challenges in providing coordinated transportation services resulting in rural and urban synergies.

- Special Transit of Boulder, CO
- Rural Community Transportation of St. Johnsbury, VT
- Citylink Public Transit System of Worley, ID
- Upper Cumberland Human Resource Agency of Cookeville, TN
- Flint Hills Transportation Agency of Manhattan, KS
- South Central Adult Services Council of Valley City, ND



Pat Hansen (center), receiving an award for Outstanding Rural Transit System from FTA Deputy Administrator Therese McMillan and SURTC director and conference chair Jill Hough. (<http://www.surtc.org/blog/?p=388> )



**Hats off to Pat Hansen; Director of South Central Adult Services and staff... Congratulations!**

## Staffing Changes

### *Retirements:*

- Diana Zahn retired after many years of service at Dickey County Senior Services as outreach and site manager in Ellendale.*
- Addie Haro retired after more than twenty years with South Central Adult Services as outreach in LaMoure County.*

*Congratulations and best wishes to Diana and Addie*



### *New Faces:*

*South Central Adult Services welcomes Susan Rienstra to outreach in LaMoure County. She can be reached at the LaMoure Senior Center 883-5088.*

*Dickey County Senior Services has a new Ellendale site manager and outreach worker; Nicole Kempf 349-4513. Welcome to senior services Nicole.*

*South Central Human Service Center; Aging Division welcomes Danelle Van Zinderen to the staff. Danelle will be primarily working with The North Dakota Family Caregiver Support Program as the Region VI Coordinator. Danelle comes to the center with many years of nursing experience. Danelle can be contacted at 253-6396 or 1-800-260-1310.*

### **Alzheimer's Association to have office in Jamestown**

The MnDak Alzheimer's Association has announced a local office in Jamestown at 114 1<sup>st</sup> Avenue South. They will take appointments for office hours at 701-541-4217. Ashley Magner, care consultant, will staff the office.

## *Christmas Holiday Trivia*

- ◆ The word Christmas is Old English, a contraction of Christ's Mass.
- ◆ The first president to decorate the white house Christmas tree in the United States was Franklin Pierce.
- ◆ Germany made the first artificial Christmas trees. They were made of goose feathers and dyed green.
- ◆ Electric lights for trees were first used in 1895.
- ◆ The first Christmas cards were vintage and invented in 1843, the Victorian Era.
- ◆ "It's a Wonderful Life" appears on TV more often than any other holiday movie.
- ◆ Rudolph" was actually created by Montgomery Ward in the late 1930's for a holiday promotion. The rest is history
- ◆ Jingle Bells" was first written for Thanksgiving and then became one of the most popular Christmas songs.
- ◆ If you received all of the gifts in the song "The Twelve Days of Christmas," you would receive 364 gifts.
- ◆ The poinsettia plant was brought into the United States from Mexico by Joel Poinsett in the early 1800's.
- ◆ Holly berries are poisonous.
- ◆ Mistletoe was chosen as Oklahoma's state flower in 1893 and later changed to the state floral emblem.
- ◆ In 1843, "A Christmas Carol" was written by Charles Dickens in just six weeks.
- ◆ The first state to recognize the Christmas holiday officially was Alabama.
- ◆ Christmas became a national holiday in America on June 26, 1870.
- ◆ In Mexico, wearing red underwear on New Year's Eve is said to bring new love in the upcoming year.
- ◆ Most pet owners will buy their pets a Christmas gift.



## Oakes to Celebrate 30 years Serving Seniors

On January 5, 2011, The Oakes Senior Center will celebrate thirty years of service provision to residents of the community. Please join in this special recognition event and celebration by attending the program and 12 noon luncheon. All seniors and community members are welcome to attend. Reservations are required for lunch at 701-742-3509.

## ***Barnes County Thrivent Partners with South Central Adult Services, Aging Services, and ND Attorney General's Office - Consumer Protection Division for Document Day***

On Monday November 8, 2010, Judy Austad of The North Dakota Attorney General's Office; Consumer Protection Division presented information on document security, document retention, and consumer fraud at The Valley City Senior Center. Individuals were assisted with document evaluation for disposal and shredding. Attendees were welcomed to bring documents for review at the session. The Barnes County Chapter of Thrivent Financial sponsored refreshments and secure shred bins for document disposal.

\*\*\* For information on scheduling a similar event in your community, contact Carrie Thompson Widmer-Region VI Aging Services Division: 1- 800- 260- 1310 ext 6395.

Pictured below: Thrivent Financial Volunteers: Sharon Clauson, Patty Beil, Betty Marler, Carol Hochholter, Tom Overn, Carrie Thompson Widmer; Aging Services, Judy Austad Attorney General's Office.



# ND Family Caregiver Support Program

## The PD Partnership: Tips for People with Parkinson's Disease And Their Care Partners

Life with Parkinson's disease (PD) has profound effects not only on the person who is diagnosed, but also on his or her family members and friends. More often than not, there is one person — a spouse, partner, child, parent or other loved one — who takes on the role of primary care partner to the person who has PD.

I prefer to call this relationship a “care partnership” because I believe it is one that is truly reciprocal. As a person with PD adjusts to physical changes and, at times, to changes in personal independence, the care partner must learn to adapt to a different relationship dynamic and perhaps to greater “ownership” of duties that their partner had previously handled (e.g., finances or household management).

As a former caregiver — my late husband, Bob, lived with PD—I have gained some insight on what it is to be a caregiver and on what it is like to have Parkinson's. Before I share some of our experiences, I ask you to keep two things in mind:

**First, remember that your experience with PD is unique.** Parkinson's is a chronic neurodegenerative disease. It is never acute. It progresses at very different rates in different people and there is no way to accurately predict its course. So, there is no reason to look at the other people in the neurologist's waiting room and think, “that will be us in a few years.”

**The second point, which is for caregivers, is that while you did not choose this role — and in most cases were not trained for it — this does not mean that you cannot be good at it.** Assess your individual strengths, which will shape your role as a caregiver. With support from others, you will also be able to supplement your abilities in those areas in which you are less confident.

With those thoughts in mind, I would like to share some ideas that helped Bob and me navigate the experiences we faced together. Please remember that these suggestions are drawn from personal experience, so there is no science behind them, but rather lessons from my own life.

**1. Respect your partner's own journey with PD.** It will be different from yours. You may feel the need to talk to others in order to better cope and feel less alone. Your partner may want to keep the diagnosis to him or herself; indeed, the person with PD may need to do so if the disclosure of the disease might affect his or her work. One of you may be reluctant to seek out information and help, or more ready to do so than the other. Respect these differences and ask your care partner to respect how you are feeling and reacting.

**2. Talk openly to each other about the disease.** This is vital if you are to respect each other's feelings. Discuss the impact PD has on each of you and how you want to handle it. Learn to listen.

**3. Don't let the disease take over or define your lives.** Be sure to maintain your individuality, and put your relationship as a couple first. The aim should always be to avoid becoming "identified by the disease" in the eyes of your family, friends and others.

**4. Find a good doctor.** As soon as possible and if you can, find a neurologist who is (i) a movement disorder specialist and (ii) someone with whom you both feel confident and comfortable. I think the caregiver should accompany his or her partner to doctor appointments whenever possible. Two pairs of ears will always be better than one, and two people asking questions will cover more ground at each visit.

**5. Feel free to seek out a second opinion.** If you are the caregiver, encourage your partner to seek an additional opinion if you think it will help, and do not hold him or her back if this is what he or she wishes to do. A second opinion may help to confirm the diagnosis, to open a window on clinical trials, or to suggest a different course of treatment. A confident and understanding doctor will not mind if you seek a further opinion. You should not feel, as many of us are conditioned to, that you need to apologize for doing this.

**6. Educate yourself about PD in stages.** When you are coping with the early stages of living with a diagnosis of Parkinson's, you need to find your comfort level with learning about the disease. You don't have to dive in and learn everything all at once and spend hours on the Internet — unless you wish to. Remember, the disease progresses slowly and you and your care partner have time to adjust. Denial may be part of the process for one or both of you and that is perfectly normal and okay. However, when you are more comfortable with PD, it can be helpful to search the Internet and to call some of the national Parkinson's organizations. PDF has a wonderful information service right on its website, [www.pdf.org](http://www.pdf.org), and a toll-free helpline, (800) 457- 6676, which can help answer your questions.

**7. Educate others about PD — not only friends and family, but also healthcare professionals.** The wider public's perception of Parkinson's too often is limited to "shaking." But you can change this. When you help others to better understand PD, they will be more comfortable around you and other people with the disease. Explain why your voice or your partner's voice is quieter than it used to be, or why your/their face may lack mobility or expression. Describe why sometimes a person with Parkinson's can walk easily, but at other times may shuffle.

**8. Find a support group.** In a support group, you can ask any question, express any concern, compare your experiences, and discuss medications. Besides providing the opportunity for you to talk with others who are facing the same thing, a support group will also provide you with valuable information about PD and make your doctor visits much more productive.

**9. Actively seek out support from friends, family, and other caregivers.** Many of them will come to understand the challenges of a chronic disease and of caregiving and will be supportive and present for both of you. If people do not offer to help, it is often because they don't know what you need or how to offer. So you both may need to learn to ask for help.

**10. Support other people with PD.** When you are both comfortable with PD, you can be a wonderful resource to others. My husband, Bob, had a scientific and technical background and wanted to understand everything he could about PD. He researched questions raised by people with Parkinson's whom he met via the Internet and through our support group. We attended every regional meeting and conference on PD we could. This empowered us tremendously and it can do the same for you.

**11. Tackle life planning decisions.** This is something we all put off, but it is important for both of you to address estate planning, advance directives, and so on. I strongly support having a living will, appointing a health care proxy, and a backup. I was my husband's advocate and health care proxy, and, when I needed to assume those roles, I was very fortunate to have a wonderful friend as backup who helped me through the tough medical decisions that arose. Discuss these issues with your families or those involved and circulate copies of your living will, if you have one, to all of them, to ensure that your wishes are respected.

**12. Take care of yourself.** Neither of you can do it all. If you are the caregiver, you may be very inclined to put the needs of your spouse or partner first. Try consciously to teach yourself to relax, set priorities, and make time for yourself. I found it was one of the most difficult things to do. Accept support from your family, friends, and neighbors. I hope that both of you will take care of yourselves, because in doing so, you will be helping each other. I also hope that these suggestions will help you to navigate your partnership, so that you can live your lives more fully and so that PD, while a part of your life, is not what defines it.

*This piece was adapted from a session, entitled, Caregiver Support Issues, that Rhona Johnson originally presented at PDF's 50th Anniversary Educational Symposium. Ms. Johnson is a member of PDF's People with Parkinson's Advisory Council (PPAC) and a long-time spokesperson for caregiving. In October 2007, she became the first recipient of PDF's Award for Leadership in Caregiving.*

**Parkinson's Disease Foundation | (800) 457-6676 | [info@pdf.org](mailto:info@pdf.org) | [www.pdf.org](http://www.pdf.org)**

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If you have or believe you have Parkinson's disease, then promptly consult a physician and follow your physician's advice. This publication is not a substitute for a physician's diagnosis of Parkinson's disease or for a physician's prescription of drugs, treatment or operations for Parkinson's disease. This article was originally published in the Spring 2008 edition of the Parkinson's Disease Foundation (PDF) newsletter, News & Review. It is reprinted, in its entirety, with permission from PDF. For other publications, please visit [www.pdf.org](http://www.pdf.org).

*For more information regarding the North Dakota Family Caregiver Support Program call Danelle Van Zinderen at 253-6396, or toll free 1-800-250-1310. This program can provide for the cost of respite care services on an intermittent and occasional basis for relief of the primary caregiver. Services are provided in the following counties: Wells, Foster, Barnes, Griggs, Stutsman, Logan, McIntosh, LaMoure, & Dickey.*

**Q:** *If athletes get athletes foot, what do astronauts get?*

**A:** *Missletoe!*



### **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 @ 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 opportunity employer.

# Telephone Numbers to Know

## Regional Aging Services Program Administrators

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

## Aging & Disability Resource Center (ADRC)

<b>Region VII Pilot:</b>	Lynette Hinckley	328-8605
	Options Counseling: Katie Halloran	328-8606

## ND Family Caregiver Coordinators

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

## Long-Term Care Ombudsman Services

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

## Vulnerable Adult Protective Services

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

## Other

Aging Services Division and "Resource Link": <a href="http://www.carechoice.nd.gov">www.carechoice.nd.gov</a>	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: or (age 60+):	1-800-634-5263 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**  
**520 3<sup>rd</sup> St NW**  
**Jamestown, ND 58402-2055**

Phone: 1-701-252-6300  
Toll Free: 1-800-260-1310



**To:**

### Upcoming Events

- Christmas Day.....December 25, 2010
- New Year’s Day.....January 1, 2011
- 30<sup>th</sup> Anniversary of Senior Services in Oakes: Senior Center Event @ noon.. January 5, 2011
- Daylight Savings Time Begins.....March 13, 2011
- May is Older Americans Month.....May 2011
- World Elder Abuse Awareness Day.....June 15, 2011

### 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.*