

**WINTER BIBOON 2012
FDL FAMILY CAREGIVERS NEWSLETTER**

YOU'RE INVITED!

The FDL Caregivers Group
will meet **Saturday
February 19**
from **10-11 am**
at the Cloquet Tribal
Library (back room).



**FDL FAMILY CAREGIVERS
APPRECIATION DINNER
THURSDAY FEBRUARY 9
5:30 PM CLOQUET ENP**

All Fond du Lac family caregivers and their care receivers are invited to the FDL Family Caregivers Appreciation Dinner.

This is a chance for care receivers, family members, other caregivers and the FDL community to thank family and friends who help our loved ones in so many ways.

Use the attached Thank You card to share a story or recognize someone who has gone the extra mile to help others.

Complete the Thank You card and return to Sue Roberts-Passero, FDL Caregivers Program support staff.

To attend the dinner, please RSVP to Sue Roberts-Passero by **FEBRUARY 6, 2012**.
Space is limited.

**The true strength of the American family
finds its roots in an unwavering commitment
to care for one another.**

President Barack Obama

Who is a Family Caregiver?

A family caregiver is a person who may or may not be related to the person they care for.

If you run errands, help with housework, provide personal cares, or organize bills for someone else, you are a family caregiver.

The FDL PHN Caregivers Program is designed for people who help Elders, or Elders who care for other people, including their grandchildren or foster children.

At least one person
(caregiver or care receiver)
needs to be eligible to receive services through FDL Human Services Division to participate in the FDL PHN Caregivers Program.

**How do I contact
the FDL PHN Caregivers Program?**

The contact person for this program is Sue Roberts-Passero. She can be reached at (218) 878-2135 or 878-3827 or by email at suepassero@fdlrez.com.

**Brought to you by Fond du Lac Human Services Division •
Public Health Nursing Department • Caregivers Program (218) 878-2135**

Are you exploring residential options such as assisted living facilities or nursing homes?

As of October 1, 2011, all people interested in entering a "Registered Housing with Services" facility (such as assisted living or nursing home) must now be offered a long-term care consultation before signing a lease.

Your first step in this process is calling the Senior Linkage Line at 1-800-333-2433. During this call you will receive a referral number. **WRITE THIS NUMBER DOWN.** You will need it for future reference.

The next step is a referral to the county team that provides the long-term care consultation assessments.

This new law was passed so that people will be directed to the type of facility that will meet their needs.

Why is this important?

If a person who needs high-level care moves to a facility that doesn't offer that level of care, it can be very dangerous for the resident.

On the other hand, if a person who needs low-level care enters a facility with a high level of care, it can be needlessly expensive for the resident.

People will still be able to choose their service provider and will have access to supportive planning for continued community living. For those folks who do transition to "Registered Housing with Services", additional resources such as caregiver supports and health insurance counseling will be available.

Information for this article was found on the Minnesota Board on Aging website
<http://www.mnaging.org/advisor/SLL.htm>

Additional information can be received by calling the Senior Linkage Line at 1-800-333-2433.



Stomach Flu vs. Influenza

"Stomach flu" is not caused by the influenza virus. True influenza is a respiratory illness with sudden onset. The medical term for stomach flu is viral gastroenteritis—a fancy way of saying "inflammation of the lining of the stomach and intestines caused by a virus". It can be transmitted by eating contaminated food ("food poisoning"), or by contact with people who have symptoms, or by touching contaminated items and then eating before washing your hands.

The symptoms of viral gastroenteritis include watery diarrhea, vomiting, severe nausea and occasionally muscle aches and fever.

Treatment of viral gastroenteritis includes fluids and bland foods. Your healthcare professional may also recommend anti-diarrheal medication, anti-nausea medication, or even intravenous fluids.

The most common complication of viral gastroenteritis is dehydration. This is especially worrisome for both young children and elders. Warning signs include: lethargy, decreased urine output, dry-looking tongue, softspot in infants looks sunken in, sudden mental confusion (especially in elders), high fever, and inability to hold down fluids. If you or your loved one exhibits any of these signs either call your healthcare provider or go to the ER.

Prevent the spread of viral gastroenteritis by washing your hands frequently using warm water and soap, especially before eating and after going to the bathroom. Use hot water and laundry soap to clean dirty linens and clothes after episodes of diarrhea or vomiting. Disinfect contaminated surfaces with a bleach-based cleaner. If you do get viral gastroenteritis, don't prepare food while you have symptoms and for 3 days after symptoms stop. Have someone else who isn't sick prepare your food.

Minnesota Dept. of Health

