



LAKE COUNTY  
FLORIDA

# Elder Council Ledger

Elder Affairs

Volume No. 7

Issue No. 7

May 2007

## The Council FORUM

### *Geriatric Care Managers - Emerging as Important Contributors to Eldercare*



Geriatric care managers, unknown 20 years ago, are emerging into an important piece of the network for the care of the elderly. The New York Times explored the industry in an article and found they "are growing increasingly popular as people live longer and want to grow old in their homes." The number of certified geriatric managers totals about 2, 041 today, compared with about 50 in 1986, when the National Association of Professional Geriatric Care Managers was formed.

Geriatric Care Managers are generally professionals with a graduate degree in the field of human services. Traditionally, Geriatric Care managers are certified and licensed as independent practitioners with the State of Florida and can be a social worker, counselor, or a nurse. The Care Manager's purpose is dedicated to the development

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of humane and dignified care for the elderly and their families—socially, psychologically, and physically based. Care Managers are committed to the highest quality of care for the elderly and their families through the utilization of education and advocacy that meet the standards of practice.

Geriatric Care Manager can assist with:

- Assessments to identify problems, need for services and eligibility for assistance.
- Screening, arranging and monitoring services required to maintain the elderly in their homes-safely and appropriately.
- Review financial, legal and medical issues, while offering referrals to conserve assets.
- Provide crisis intervention.
- Function as a liaison for families at a distance to assure consistent feedback on status of the individual.
- Assist with the transition of alternative living options for the elderly when safety and quality of life are being compensated.
- Providing consumer education and advocacy.
- Offering counseling and support.
- Exploring resources that fit specific client needs.

For more information or to contact a Geriatric Care Manager in Lake County please call Ellen Miller, RNBS at 352.217.5674

Excerpted from the SeniorJournal.com and Eldercare.com



### THURSDAY, MAY 17, 2007:

#### Elder Affair Coordinating Council Meeting

Location: Community Services Complex Bldg. E

Address: 1300 Duncan Drive, Tavares

Time: 9:00 a.m.

Contact Name & Number: Allison Thall 352.742.6525

### FRIDAY, SEPTEMBER 7, 2007

#### 4th Annual Elder Symposium

Location: Lake Receptions

Address: 4425 Hwy 19A, Mount Dora, FL

Time: 8:00 a.m.—2:00 p.m.

Contact Name & Number: Allison Thall 352.742.6525

## FYI

#### Deaf and Hearing Services

Deaf and Hearing Services needs your old hearing aids, especially the behind the ear models. Aids will be refurbished and given, free of charge, to needy individuals. To donate used hearing aids stop by DHS at 220 S. 9th Street, Leesburg or call 352.323.0757. Donations of hearing aids are tax-deductible to the full extent allowed by law.

#### South Lake Adult Day Care

Are you looking for a place for Aunt Emma to go for the day? Have you considered adult day care? South Lake Adult Day Care is a safe, licensed and affordable adult day care facility located in Clermont. They provide alternative care (for those 18 and up) during the day, allowing you to continue to give her the care she deserves at home. For more information please call 352.394.0038.

#### Alzheimer's Identification Program

The Alzheimer's Family Organization has a beneficial and essential program to assist the caregivers of dementia and Alzheimer's disease sufferers called the "Wanderers Identification Program." The program provides the person with a memory disorder with an identifying bracelet or pendant with a code number and direct telephone number to the participating Sheriff's department. If the person should become lost or wander from home, they can be easily identified through a shared database that houses essential patient information and caregiver contacts. For full details call 888.496.8004

### *Carrots, Eggs and Coffee*

One day a young woman went to see her mother. When she got there, she told her mother how hard things had been in her life lately. The young woman was filled with anxiety and self-doubt and told her mother she did not know how she was going to go on. She was tired of the struggle. She was tired of fighting. She was ready to give up.

The young woman said that it seemed that just as she got one problem solved, another arose in its place, and she just couldn't take it anymore.

The young woman's mother took her into the kitchen. There she filled three pots with water and turned the heat on high. Soon the pots were boiling. In the first pot, the mother placed some carrots. In the second, she placed eggs and, in the last, some ground coffee beans.

She let the pots boil without saying a word. After 20 minutes she turned off the burners. Then she fished the carrots out and put them in a bowl. She pulled the eggs out and placed them in a bowl as well, and she ladled the coffee into a cup. Next she turned to her daughter and said, "Tell me what you see."

"Carrots, eggs and coffee," the young woman replied. After the substances had cooled a bit the mother brought her daughter closer and asked her to feel the carrots. The young woman did and noted that they were soft. Then the mother asked her to break one of the eggs. The young woman broke and peeled an egg and looked at the hard-boiled contents. Last, the mother asked her daughter to taste the coffee. The daughter smiled as she tasted the coffee's rich flavor.

*Continued on page 3 column 2...*



## DISABILITY ETIQUETTE

(Excerpted from a publication of United  
Spinal Association)

### Tips on Interacting with People with Disabilities

*This is the third installment of a 5-  
part series on how to practice  
disability etiquette.*

#### People Who Are Blind or Visually Impaired

People who are blind know how to orient themselves and get around on the street. They are competent to travel unassisted, though they may use a cane or a guide dog. A person may have a visual impairment that is not obvious. Be prepared to offer assistance—for example in reading—when asked. Some tips when encountering a visually impaired individual:

- Identify yourself before you make physical contact with a person who is blind. Tell him your name—and your role if it's appropriate, such as security guard, usher, case worker, receptionist or fellow student. And be sure to introduce him to others who are in the group, so that he's not excluded.
- If a new customer or employee is blind or visually impaired, offer him a tour of your facility.
- People who are blind need their arms for balance, so offer your arm—don't take his—if he needs to be guided. (However, it is appropriate to guide a blind person's hand to a banister or the back of a chair to help direct him to a stairway or a seat.)
- If the person has a guide dog, walk on the side opposite the dog. As you are walking, describe the setting, noting any obstacles, such as stairs ("up" or "down") or a big crack in the sidewalk. Other hazards include: revolving doors, half-opened filing cabinets or doors, and objects protruding from the wall at head level such as

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What does it mean, mother?" she asked.

The mother said, "Each of these three foods faced the same adversity—the boiling water—but each reacted differently to the experience. The carrot went in strong, hard and unrelenting. But after boiling became soft and weak. The egg had been fragile, easily breakable. But after boiling it's inside had become hardened. The coffee beans, however, had reacted to the adversity by changing into something better—richer."

"Which are you?" the mother asked her daughter. "When adversity knocks, how do you respond? Are you a carrot, an egg or a coffee bean? Will you lose your strength like the carrot? Will you harden your heart like the egg? Or will you change because of the very circumstances that have caused you pain like the coffee beans?"



#### Two Wolves

One evening an old Cherokee told his grandson about a battle that goes on inside people. He said, "My son, the battle is between two "wolves" inside us all.

One is Evil. It is anger, envy, jealousy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority, and ego.

The other is Good. It is joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion and faith."

The grandson thought about it for a minute and then asked his grandfather: "Which wolf wins?"

The old Cherokee simply replied, "the one you feed."

Disability Etiquette

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hanging plants or lamps. If you are going to give a warning, be specific. Hollering, "Look Out!" does not tell the person if he should stop, run, duck or jump.

- If you are giving directions, give specific, non-visual information. Rather than say, "Go to your right when you reach the office supplies," which assumes the person knows where the office supplies are, say "Walk forward to the end of this aisle and make a full right."
- If you need to leave a person who is blind, inform him first and let him know where the exit is, then leave him near a wall, table, or some other landmark. The middle of a room will seem like the middle of nowhere to him.
- Don't touch the person's cane or guide dog. The dog is working and needs to concentrate. The cane is part of the individual's personal space. If the person puts the cane down, don't move it. Let him know if it's in the way.
- Offer to read written information—such as the menu, merchandise labels or bank statements—to customers who are blind. Count out change so that they know which bills are which.
- If you serve food to a person who is blind, let him know where everything is on the plate according to a clock orientation (twelve o'clock is furthest from them, six o'clock is nearest). Remove garnishes and anything that is not edible from the plate. Some patrons may ask you to cut their food; this can be done in the restaurant's kitchen before the meal is served.
- Keep walkways clear of obstructions. If people who are blind or are visually impaired regularly use your facility as customers or employees, inform them about any physical changes, such as rearranged furniture, equipment or other items that have been moved.

Next time...People Who are Deaf or Hard of Hearing

It's Time For...

BrainAEROBICS



Following a telephone message from an unidentified reader I have been asked to make the BrainAEROBICS puzzles a bit more challenging. Below is a puzzle designed to test your memory and intelligence. The answers will be published in the next edition **OR** you can go to the Elder Affairs website at [www.lakecountyfl.gov](http://www.lakecountyfl.gov) and click on **Departments** and under **Community Services** click on **Elder Affairs**. Good Luck.

You have to work out what the letters mean. See number 0 as an example.

- 0 24 H in a D 24 hours in a day
- 1 26 L of the A \_\_\_\_\_
- 2 7 D of the W \_\_\_\_\_
- 3 7 W of the W \_\_\_\_\_
- 4 12 S of the Z \_\_\_\_\_
- 5 66 B of the B \_\_\_\_\_
- 6 52 C in a P (WJs) \_\_\_\_\_
- 7 13 S in the USF \_\_\_\_\_
- 8 18 H on a G C \_\_\_\_\_
- 9 39 B of the O T \_\_\_\_\_
- 10 5 T on a F \_\_\_\_\_
- 11 90 D in a R A \_\_\_\_\_
- 12 3 B M (S H T R) \_\_\_\_\_
- 13 32 is the T in D F \_\_\_\_\_  
at which W F
- 14 15 P in a R T \_\_\_\_\_
- 15 3 W on a T \_\_\_\_\_
- 16 100 C in a R \_\_\_\_\_

**FEEDBACK**

Your feedback is very important. If you have any suggestions for future articles or if there is any information you would like to see included in your newsletter please let me know. I can be reached at 352.742.6525 or [athall@lakecountyfl.gov](mailto:athall@lakecountyfl.gov). Thank you.



## **BrainAEROBICS**

Answers for the May, 2007 Elder Ledger

No.	Cryptic	Answer
1	26 L of the A	26 letters of the alphabet
2	7 D of the W	7 days of the week
3	7 W of the W	7 wonders of the world
4	12 S of the Z	12 Signs of the zodiac
5	66 B of the B	66 books of the Bible
6	52 C in a P (WJs)	52 cards in a pack (without jokers)
7	13 S in the USF	13 stripes in the United States flag
8	18 H on a G C	18 holes on a golf course
9	39 B of the O T	39 books of the Old Testament
10	5 T on a F	5 toes on a foot
11	90 D in a R A	90 degrees in a right angle
12	3 B M (S H T R)	3 blind mice (see how they run)
13	32 is the T in D F at which W F	32 is the temperature in degrees Fahrenheit at which water freezes
14	15 P in a R T	15 players in a rugby team
15	3 W on a T	3 wheels on a tricycle
16	100 C in a R	100 cents in a rand