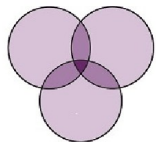


**NORTHLAND  
SHEPHERD'S  
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AND  
TRI-COUNTY  
MENTAL  
HEALTH**

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# Together We Care Caregiver Support April Newsletter



## SPRING BRINGS NEW LIFE!

As we celebrate the official start of spring and the Easter season, this is a wonderful time to reflect on the gift of new life. This year, more than ever, we appreciate signs of new life after a difficult winter. The COVID pandemic has brought an extended season of loss and difficulty for many of us. Although the pandemic is not over, we can celebrate signs of growth and hope.

I was talking with a friend this week and two topics stood out to me after our conversation finished. I found these to be very encouraging and I hope they speak to you too:

- What can I learn in the middle of difficult times? We are often more receptive when we are stretched out of our comfort

zone. When everything is going smoothly, we tend to rely on our own strength. We also tend to revert back to the familiar way of doing things when we are not required to think outside the box.

- What are some things I can celebrate even if the future remains unknown? This is an  
*(continued on pg 2)*

## Who We Are

“Together We Care” is a support program offered to older adult caregivers. This program was formed out of a joint effort of two local organizations: **Northland Shepherd's Center (NSC) & Tri-County Mental Health Services (TCMHS)**. Both recognize a need to support and encourage those that are in a caregiver role.

**NSC** has been helping

adults 60 and older remain independent at home for over 25 years. **Of special interest to caregivers is BreakTime Club**, where your loved ones can go to have fun while you get a break! **Call 816-452-4536** for details about this and other services.

**TCMHS** provides emotional support to individuals living within Clay, Platte, and Ray Counties. The

Older Adult Program is one area of support that is offered through community presentations, support groups, and individual therapy that is available either in an office setting or in-home.

**Call (816) 468-0400 for additional info.**

**SPRING  
BLESSINGS  
ABOUND, ENJOY!**

extension of mindfulness where we appreciate the “here and now”. Every day, we can find sources of goodness, beauty, or kindness. It may not mean that everything in our surroundings is perfect, but it helps us to re-frame difficult circumstances.

For me, the green grass is so pretty after seeing months of brown, drab colors. Also, I love seeing trees and bushes budding and flowers starting to poke up from the ground. Waking up to birds and falling asleep to crickets puts a smile on my face.

The COVID vaccine has helped provide steps toward greater immunity to the virus that has changed our world overnight. I love seeing individuals feel excited and happy to begin pursuing small steps toward “normalcy” again. The ability to gather outdoors provides more options to safely meet with others. Longer nights of additional sunlight provide extra hours to go for a long walk or simply keep your windows open a little while longer.

As we enter into this spring season, I encourage each of you to make your own list of things you can celebrate. Big or small, I bet it will lift your spirits!

Wishing you all the best,  
Becky



## Medicare Benefits for Respite Care

**Taken from:** <https://www.medicare.org/articles/does-medicare-cover-respite-care/>

Original Medicare Part A covers respite care when it is a part of the recipient's hospice care. For Medicare to pay for respite care, the patient must first meet Medicare's requirements for hospice.

Eligibility for hospice care through Original Medicare Part A includes getting certification of a terminal illness from a physician and a hospice doctor, the acceptance of palliative care in place of curative care, and a signed statement declaring the choice of hospice care rather than other Medicare-covered treatment.

Even though Medicare recipients can get hospice care at home or in Medicare-approved nursing or inpatient hospice facilities, Medicare insurance only covers respite care that takes place in an inpatient fa-

cility that is Medicare-approved. It pays for respite care lasting up to five days at a time. The care is available on an occasional basis, but the number of stays is unlimited. Recipients may be responsible for five percent of the Medicare-approved cost for inpatient respite care.

### What Does Respite Care Include?

When you make the decision to use respite care, you check in to a Medicare-certified professional care facility like a hospital, hospice care facility or nursing home. They provide around-the-clock staff to give all the necessary health and custodial care to the care recipient.

There are other ways to get respite care for your loved one, but they are not covered by Original Medicare benefits. In-home respite care agencies send trained staff members to your home. They may help with personal care, homemaking services, and skilled health care depending on your requests. Outside the

home there are adult day care centers where seniors who are not independent can spend time with others.

### Costs of Respite Care Through Medicare

Medicare covers most of the cost for respite care when it is a part of the patient's hospice care, and only on an occasional basis lasting no more than five days in a row.

If you require respite care more often, or wish to have someone come into your home, Medicare does not cover the cost. Prices vary depending on where you live, the agency you use, and the services that you ask for.

The country's daily average cost for in-home homemaker services are around \$130.00. For health aid services it is about \$135.00 per day. The average daily charge for adult day care centers is \$70.00. Respite care at a skilled nursing facility costs approximately \$235.00 to \$270.00 per day depending on whether the room is semi-private or private.

In the United States, over 40 million people are the primary caregivers for a family member. Providing daily care for someone who is ill, disabled, or has dementia is a huge task. Caregivers often forego their personal wellness to keep up with the care of their loved one, so it is important for both caregivers and care receivers to take advantage of respite care whenever possible. **Taken from:** <https://www.medicare.org/articles/does-medicare-cover-respite-care/>

**Congratulations to Jennifer Johnson, WINNER of gift bag donated by Right at Home. She attended the 3/23 workshop "How to Manage Chronic Illness with Those Who Have Dementia." presented by Maggie Spilker, a nurse with Tri-County's Healthcare Home Program.**

**UPCOMING WORKSHOP**  
The March book club: discussion on 3/25 was great. **"The Self-Care Prescription** is the ideal self-help book for learning to live a life full of growth and engagement. Robyn Gobin provides a practical, easy-to-digest guide to relating to yourself in healthier, kinder ways. There will be an opportunity in future months to read a chapter at a time and to work through the suggested exercises.

### Clay County Senior Services and Northland Shepherd's Center offers:

#### **CAREGIVER DIRECTED RESPITE PROGRAM (CDRP)**


Are you a primary caregiver in Clay County Missouri? Are you caring for someone who is 60 years of age or older? Do you live in the home with the recipient? If so, would you like to be reimbursed for respite care? CDRP provides reimbursement funds to families to assist in obtaining respite care for a family member. **Income cannot exceed \$3014 a month for individuals or \$4058 a month for a couple.**

If you are interested in receiving reimbursement for 6 hours a week for respite care and you meet the requirements above please call 452-4536 for more details.

\*Acceptance is based on meeting all qualifications and approval by social services through Northland Shepherd's Center\*

#### **Quarantine and the Year of Covid Reflections**

It has been a long year since last March when the quarantine started! The initial shock was followed by a period of scrambling to figure out a way to provide support to our caregivers, which led to the "Zoom" transition. We continue to struggle with virtual "options" but welcome additional free time that had previously been used by commuting. I now SEE my family more than ever using technology that existed but I never thought to use. I also am grateful for the time to slow down and catch up on lots of things. I look forward to limiting my activities so I can be mindfully present more often.

**BEST OF ALL**  
Now that my husband and I are completely vaccinated we can FINALLY spend time with my aunt (also vaccinated) in assisted living! This is a "new normal" Easter Alleluia from Dianna. 

## Aging Mastery Program for Caregivers coming this July!

This is a free, 12 week curriculum offered through the National Council on Aging empowering caregivers to **AGE WELL and develop a caregiver strategy and Bill of Rights.**

This session will take place virtually and possibly in person. This upcoming class is hosted by Northland Shepherd's Center and Tri-County Mental Health.

**The class will start on Monday, July 12, and meet for 12 consecutive weeks from 1–2:30 p.m., with graduation to follow on Nov. 4. This class is free for those 60 and older (a \$250 value). Sign up now! To register, call 816-452-4536.**

**PILOT GRIEF GROUP**  
To meet Wednesday, 4/21 from 1- 2:30 pm. If you have lost someone you love and would like the support a group can offer please join us! A zoom link and reminder will be sent the Monday before, on 4/19. Contact Dianna or Becky if interested or just “zoom” in that Wednesday.

### BOOK CLUB FOR APRIL

April 22 from 10:30-Noon we will discuss [The Caregivers Companion](#) by Debra Kelsey-Davis. A zoom link will be sent Monday of that week.

**VACCINATION OPPORTUNITY FOR HOMEBOUND—CONTACT DIANNA AT 816-256-8096 FOR MORE INFORMATION**

Virtual Caregiver Support  
Groups are meeting every  
other week:

April 13th and 27th,

10:30 am—12 pm

Join Zoom Meeting  
[https://zoom.us/j/97975356684?  
pwd=T2lyaVZCelZSNTBnVVIjdXh0M  
XNnUT09](https://zoom.us/j/97975356684?pwd=T2lyaVZCelZSNTBnVVIjdXh0MXNnUT09)

Meeting ID: 979 7535 6684  
Passcode: 531802

Dial-in by calling:  
(312) 626-6799

### Aging Mastery Program – Elective Class

We are happy to announce that Clay County Senior Services and the Northland Shepherd's Center are joining together to bring you another AMP elective class. This class is a 90-minute session, from 10 til 11:30 am. Free! Materials included. We hope it will motivate you to join upcoming AMP sessions.

Class will be held virtually via the Zoom meeting platform. Assistance will be given to help you navigate the virtual world.

Tuesday, April 13: **Memory Matters.** This course is an interactive class highlighting normal age-related memory changes and basic skills – Active Attention and Spaced Retrieval – to aid memory. We will practice these skills as well as hear a presentation about the brain and aging.

To register for this class, contact Paula Zigmond: paula@claycoseniors.org or 816-595-0086.

### CHRONIC PAIN SELF- MANAGEMENT PROGRAM

Attend an “Intro to Online Programs” session, followed by a FREE 6-week online workshop. Materials provided.

Thursday, April 15—Intro session  
9:00 am (30 min.)

Thursdays, April 22 thru May 27,  
9:00 til 11:30 am (2.5 hours)

To register, call Paula Zigmond,  
Clay County Senior Services: 816-  
595-0086 or  
paula@claycoseniors.org

Participants will learn:

- strategies to overcome problems such as frustration, fatigue, isolation, and poor sleep;
- exercises for maintaining and improving strength, flexibility, endurance and pacing activity with rest;
- appropriate use of medications and evaluating new treatments
- communication skills and the importance of good nutrition in pain management.

### Resources

Alzheimer's Association:  
[www.alz.org/kansascity](http://www.alz.org/kansascity)  
Call 913-831-3888. for  
Information

American Association for  
Retired Persons:  
[AARP.org/caregiving](http://AARP.org/caregiving)

National Council on Aging:  
[NCOA.org/caregiving](http://NCOA.org/caregiving)

Clay County Senior Services  
[http://claycoseniors.org/  
community-resources](http://claycoseniors.org/community-resources)  
816-455-4800

Platte County Senior  
Services  
<http://platteseniors.org>  
816-270-2800