



AANHR

Arkansas Advocates for Nursing Home Residents

Little Rock (501) 607-8976

AANHR's Mission Statement:

"To protect and improve the quality of care and life for residents in Arkansas nursing homes."

PROTECTING NURSING HOME RESIDENTS

Sept 2018

Next Meeting
Sept. 10th
Meeting Place:

First Assembly of God Church
4501 Burrow Road
North Little Rock
Directions to church
On back of Newsletter.

10:00 A.M.
Meeting for members, family and friends of residents. (Closed to persons representing the nursing home industry.)



AANHR Meeting Sept. 10th, 11:00 AM
Topic: Protect, Detect, and Report!
Speaker: Kathleen Pursell,
Program Director, Arkansas SMP

Kathleen Pursell is the Arkansas Senior Medicare Patrol (SMP) Program Director and is currently in her ninth year with the program. As Director Ms. Pursell manages the federal grant which is funded by the Administration for Community Living and is administered through the Department of Human Services, Division of Aging and Adult Services.

The Arkansas SMP program consists of six sub-grantees and over fifty SMP volunteers. Ms. Pursell is also editor of the quarterly Arkansas SMP Newsletter. The mission of SMP is to empower seniors to prevent healthcare fraud by educating seniors, their family members and caregivers to protect their personal information and report any discrepancies or errors they find when reviewing their Medicare Summary Notice. The SMP also alerts seniors of current scams targeting them. Kathleen thoroughly enjoys the one-on-one contact with seniors through speaking to senior adult groups statewide and through personally assisting them with Medicare fraud and billing issues.

Please join us at 11:00 AM on September 10th as we learn tips to help protect us and our frailest loved ones from those who would take advantage and/or defraud us.





From the President's Desk Martha Deaver

Remembering Julie Edwards, AANHR Board Member

AANHR expresses its condolences to fellow board member, Ann Pinney, at the passing of her daughter and fellow board member, Julie. Both Julie and Ann have served on behalf of Arkansas' frailest citizens for many years in the nursing home and outside of one. The Edwards, Beard, and Pinney families remain in our hearts and prayers. Rest in peace dear Julie.

Julie Ann Edwards 59 of Alexander passed away on July 13, 2018 with her family by her side. She was born on June 22, 1959 to Robert Sr. and Ann Beard in Rockford, Illinois. Julie loved spending time with her family and friends. She was a member of Parkview Christian Church DOC.

Julie is survived by her loving daughter, Emily Ellis "Erik"; grandchildren, E'Lyn and Em'ry; parents, Robert Beard SR. and Ann Pinney; brother, Robert Beard JR.; step brother, Scott Pinney; two step sisters, Tracey Maddox and Lori Bohrer and a host of family and friends who all loved her and will miss her dearly.

Visitation was held on Thursday, July 19, 2018 from 6-8 PM at Dial and Dudley Funeral Home in Bryant. Graveside service was held Friday, July 20, 2018 at 1:00 PM at Mitchell Cemetery in Greenway, Arkansas. In lieu of flowers donations may be made to the Heart Association.

To sign online guest book visit
www.dialanddudleyfuneralhome.com.



Julie Ann Edwards

June 22, 1959 - July 13, 2018

"Speak up for those who cannot speak for themselves, for the rights of all who are destitute. Speak up and judge fairly; defend the rights of the poor and needy." Proverbs 31:8 NIV

July Program Report

Alzheimer's AR: Caring for Caregivers

July's AANHR meeting program was an interesting look at Alzheimer's. Presenter Carolyn Torrence with Alzheimer's AR, began by saying she "lives in the "hereafter" -- as in "what am I here after?" In normal aging, we still have the ability to figure out "what we're here after" despite likely having to take a bit more time to search through our "computer aka brain" for the answer.

In the Alzheimer's aging process short term memory is slowing erasing so caregivers must meet the patient "where they are" and redirect thoughts. It's much less stressful for the caregiver to fit into the patient's world than expecting the other way around. Remember the patient is not the person he/she once was so allowances must be made and differences accepted. Live for today -- in the "here and now".

We hear the terms "dementia" and "Alzheimer's" and are likely to consider them interchangeable. In reality "dementia" is the umbrella term covering over one-hundred-fifty types of these diseases affecting memory with "Alzheimer's" being just one type. One must accept the diagnosis in order to get the best care and outcome. However, whether one puts a name on the disease or not, it's still present and must be dealt with.

Therefore, caregivers must accept the diagnosis as well as care for themselves in order to care for their loved one with Alzheimer's. Determine what helps you, the caregiver, reduce stress such as asking for and accepting help, cultivating relationships and connections to support groups which provide socialization with those who are experiencing the same challenges in caring for family members.

Alzheimer's AR provides over fifty support groups around the state. AANHR newsletter readers may find a local one by checking the community calendar in your local newspaper or by going to the Alzheimer's AR website: alzark.org. This non-profit group provides round the clock phone service: caregiver to caregiver. So, if you're up in the wee hours, having a difficult patch in your care giving, seek out a compassionate, listening ear who may provide a coping idea you have not thought of.

Alzheimer's AR has two active grants (\$500 per year) that provide respite for care givers. The patient must be over sixty with a chronic disease. Respite care might include such simple but helpful things as mowing the lawn or cleaning the house - chores that may slide when providing twenty-four hour care. Alzheimer's second grant is for support groups a vital link to caring for a caregiver.

Check them out:

Alzheimers Arkansas

501-224-0021

www.alzark.org

After-hours Caregiver Line 800-689-6090

[Instagram.com/AlzArkansas](https://www.instagram.com/AlzArkansas)

[Facebook.com/Alzheimers.Arkansas](https://www.facebook.com/Alzheimers.Arkansas)

[Twitter.com/AlzArk](https://twitter.com/AlzArk)

In Case You Missed It - In Nursing Home News:

Alzheimers Care ("Memory Care") in Arkansas

Reprinted from www.seniorhomes.com/p/memory-care/

Beyond the usual amenities available in most senior care facilities, Arkansas memory care communities provide unique services specially designed for those suffering from Alzheimer's and other forms of dementia. Some of these features include color-coded hallways for easy navigation, safe wandering paths, graphic signs, visual cues, and secure entrances and exits to prevent accidental harm. Additionally, the University of Arkansas for Medical Sciences Donald W. Reynolds Institute on Aging is at the forefront of Alzheimer's research. The state of Arkansas provides financial incentives for those caring for sufferers of Alzheimer's, including the Family Assistance Program grant and the Family Caregiver Support grant to defray the costs of caring for seniors requiring special attention.

Memory Care in Arkansas Defined

One size does not fit all when it comes to senior care. There is a spectrum of options available when considering the right Arkansas senior living community. Independent living communities provide minimal staff supervision and a variety of amenities for the elderly, and are among the most affordable retirement living options. With little to no direct care provided, independent living communities are typically not suitable to seniors with memory loss. Assisted living facilities provide help with the day-to-day necessities of life, but still offer autonomy for active seniors. Care is always close at hand, but residents maintain a degree of independence greater than that of nursing home patients. Many assisted living facilities offer memory care as part of their services, sometimes in separate, secured areas of their community. Care homes are similar to assisted living facilities, but provide smaller, more focused care to less than 10 elderly residents. These communities function as a sort of middle option for those desiring the intimacy of a home environment with the full services of assisted living. For those who are no longer able to care for themselves, a nursing home may be the best option. Specially trained nurses and staff assist residents with daily necessities and medical care while providing a nurturing environment monitored 24 hours a day for patient safety and well-being.

Memory Care Checklist: What to Look For

Visiting communities or homes that offer Alzheimer's and dementia care is an invaluable part of identifying the best option for a loved one suffering from the disease. Whereas choosing an independent living or assisted living community often involves the availability of services and amenities, selecting memory care should be primarily influenced by confidence in the quality of care and interaction seen during tours.

The following checklist will help guide you through each tour and, afterward, allow you to compare the various options available in an organized manner.

The Atmosphere - What to Look For

1. Is the layout of the community easy to navigate? Do the hallways lead residents back to public areas? Are colors or murals used to help residents recognize their hallway or living area they're trying to reach?
2. Do the residents have adequate privacy for bathing, toileting and hygiene? This is an important aspect of maintaining residents' dignity while acknowledging that personal space and boundaries may be compromised due to the frequency of wandering and loss of inhibitions.
3. Does the furniture appear well-maintained with special upholstery used to prevent stains from spills and/or incontinence issues?
4. Are all exterior doors locked or alarmed to ensure the safety of residents who are wandering?
5. Is there an outdoor patio and/or walking area that is easily accessible to residents yet enclosed to prevent wandering away from the community?

The Care Team - Questions to Ask & What to Look For

1. What type of licensure is required for key members of the care team? Is the Director a licensed nurse and how many hours is the community staffed with a licensed nurse (RN or LPN)?
2. Do the caregivers have specialized training in effectively communicating with and caring for residents who suffer from Alzheimer's or dementia? Have they been screened with state/national background checks?
3. Are staff members dressed professionally and/or wearing appropriate uniforms and name tags that distinguish them from visitors?
4. Do the caregivers interact with residents in a comforting and professional manner, maintaining their dignity and respect?

The Residents - What to Look For

1. Are residents actively engaged in activities that are appropriate and/or interesting to those with Alzheimer's or dementia? Are there opportunities for residents to contribute to the community (as appropriate), such as folding napkins, towels or clothing?
2. Pay particular attention to the hygiene of the residents: combed/brushed hair, clean-shaven, matching, clean clothing, free of incontinence odors.
3. Do the residents appear to have a level of dementia that is consistent with your loved one's current needs and behaviors? In many cases, communities specialize in a certain acuity level that may not be appropriate at the particular time you're exploring options. Residents who cannot relate to and interact well with other residents may suffer from isolation and depression.

Additional Considerations

1. Is the location of the community convenient to family members and friends to encourage regular visits?
2. Do you have a good rapport with the management and care team, feel comfortable in their abilities and trust them to provide for your loved one's needs?
3. Can the community's rates be afforded for the foreseeable future? Changes in lifestyle often lead to further decline among seniors with Alzheimer's or dementia so it is important to select a community that they can live in as long as possible.

Volunteer Ombudsmen Always Needed to Assist Regional Ombudsmen

Paid Regional Ombudsman contact info along with their pictures should be posted in a prominent location in your facility.

Regardless of whether or not you end up becoming a volunteer ombudsman, your knowledge will increase greatly by attending an ombudsman training session. Volunteer Ombudsman training takes only one day and can make an incredible difference in the life of a nursing home resident. A volunteer ombudsman is authorized to help the residents with any concerns. Protecting the resident's rights is a priority. The volunteer ombudsman is authorized to take complaints and report things they see that are questionable to their regional ombudsman, who can take steps to remedy the situation. A volunteer ombudsman can make a big difference brightening the life of a nursing home resident. After the day of training and a short orientation period one can become a Certified Ombudsman and can choose to be assigned to a specific nursing home where just two hours service per week is expected. If interested, please contact your local Area Agency on Aging or Martha Deaver at 501-607-8976; she will put you in touch with your regional ombudsman.

Alzheimer's Association: KNOW the 10 Signs! Early Detection Matters!

Have you noticed any of these warning signs? Please list any concerns you have and take this sheet with you to the doctor. Note: This list is for information only and not a substitute for a consultation with a qualified professional.

___1. Memory loss that disrupts daily life. One of the most common signs of Alzheimer's, especially in the early stages, is forgetting recently learned information. Others include forgetting important dates or events; asking for the same information over and over; relying on memory aides (e.g., reminder notes or electronic devices) or family members for things they used to handle on their own. What's typical? Sometimes forgetting names or appointments, but remembering them later.

___2. Challenges in planning or solving problems. Some people may experience changes in their ability to develop and follow a plan or work with numbers. They may have trouble following a familiar recipe or keeping track of monthly bills. They may have difficulty concentrating and take much longer to do things than they did before. What's typical? Making occasional errors when balancing a checkbook.

___3. Difficulty completing familiar tasks at home, at work or at leisure. People with Alzheimer's often find it hard to complete daily tasks. Sometimes, people may have trouble driving to a familiar location, managing a budget at work or remembering the rules of a favorite game. What's typical? Occasionally needing help to use the settings on a microwave or to record a television show.

___4. Confusion with time or place. People with Alzheimer's can lose track of dates, seasons and the passage of time. They may have trouble understanding something if it is not happening immediately. Sometimes they may forget where they are or how they got there. What's typical? Getting confused about the day of the week but figuring it out later.

___5. Trouble understanding visual images and spatial relationships. For some people, having vision problems is a sign of Alzheimer's. They may have difficulty reading, judging distance and determining color or contrast. In terms of perception, they may pass a mirror and think someone else is in the room. They may not recognize their own reflection. What's typical? Vision changes related to cataracts.

___7. Misplacing things and losing the ability to retrace steps. A person with Alzheimer's disease may put things in unusual places. They may lose things and be unable to go back over their steps to find them again. Sometimes, they may accuse others of stealing. This may occur more frequently over time. What's typical? Misplacing things from time to time, such as a pair of glasses or the remote control.

___8. Decreased or poor judgment. People with Alzheimer's may experience changes in judgment or decision making. For example, they may use poor judgment when dealing with money, giving large amounts to telemarketers. They may pay less attention to grooming or keeping themselves clean. What's typical? Making a bad decision once in a while.

___9. Withdrawal from work or social activities. A person with Alzheimer's may start to remove themselves from hobbies, social activities, work projects or sports. They may have trouble keeping up with a favorite sports team or remembering how to complete a favorite hobby. They may also avoid being social because of the changes they have experienced. What's typical? Sometimes feeling weary of work, family and social obligations.

___10. Changes in mood and personality. The mood and personalities of people with Alzheimer's can change. They can become confused, suspicious, depressed, fearful or anxious. They may be easily upset at home, at home, at work, with friends or in places where they are out of their comfort zone. What's typical? Developing very specific ways of doing things and becoming irritable when a routine is disrupted.

If you have questions about any of these warning signs, the Alzheimer's Association recommends consulting a physician. Early diagnosis provides the best opportunities for treatment, support and future planning.

For more information, go to alz.org/10signs or call 800.689.6090. This is an official publication of the Alzheimer's Association but may be distributed by unaffiliated organizations or individuals. Such distribution does not constitute an endorsement of these parties or their activities by the Alzheimer's Association. Copyright 2009 Alzheimer's Association. All rights reserved.

AANHR Special Thanks

We extend our heartfelt thanks to the following people and groups who make our outreach possible:

Gary Miller of Prosmart Printing for assistance in newsletter and brochure publication.

The Law Office of Bob Edwards and Mrs. Edwards for providing AANHR Good Care booklets

M. Darren O'Quinn, Attorney, Little Rock, for his continued assistance to and support of AANHR.

Paschall Strategic Communications for their continued assistance with public relations needs.

First Assembly of God Church in North Little Rock for providing AANHR a meeting room.

David Couch of The Law Offices of David A. Couch, PLLC, PA, for his support and assistance, and his providing POA documents pro bono.

AANHR Officers and Board Members

President - Martha Deaver, Conway (501-607-8976)

Vice President - Pat McGuire, Conway (501-847-1016)

Secretary - Julie Shaw, Memphis (901-508-0558)

Treasurer - Nancy Patterson, Searcy (501-278-6577)

Members of the Board: Martha Blount, Searcy (501-278-9168); James Brooks, North Little Rock (501-454-6279); Harry Burns Jr. White Hall (870-267-5298); Cindy Murders, Sheridan; and Ann Pinney, Benton (501-249-1084).

Newsletter Editors: Martha Blount, Searcy; Marcy Wilson, Sherwood

Helpful/Important Numbers

The Office of Long Term Care (OLTC)

has a toll-free number for information, assistance and complaints for residents and family members:
1 - 800 - LTC - 4887 between 8 a.m. and 4:30 p.m. on weekdays.

You may also write to: Office of Long Term Care (OLTC) P.O. Box 8059, Slot 400 Little Rock, AR
72203-8059

OLTC website:

[Http://humanservices.arkansas.gov/dms/Pages/oltcHome.aspx](http://humanservices.arkansas.gov/dms/Pages/oltcHome.aspx)

You should also report complaints to the Arkansas Attorney General

Toll Free: 1 - 866 - 810 - 0016

Little Rock Local: 682 - 7760

For additional assistance or a listening ear, call AANHR at

(501)450 - 9619 in Conway

Visit our website at www.aanhr.org or e-mail us at Info@aanhr.org

Your local Ombudsman's number should be posted in a prominent place in the nursing home, preferably near the front entrance. You may also call your local Area Agency on Aging to secure the name and phone number of the Ombudsman.

The UALR Senior Justice Center can be reached at: 501 - 683 - 7153.

www.ualr.edu/seniorjustice



Arkansas Advocates for Nursing Home Residents

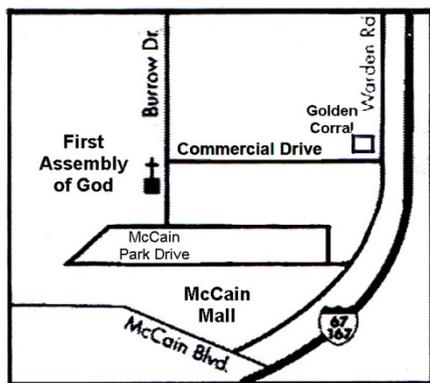
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U.S. POSTAGE PAID
LITTLE ROCK, AR
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Sept 2018



Strength in Numbers, AANHR Needs You!!

AANHR is a nonprofit organization run by non-paid volunteers dedicated to protecting and improving the quality of care and life for Arkansas residents in long term care facilities.

Won't you please lend your support to us by joining our organization? Your membership dues help to pay for our activities that support our mission statement. Memberships are available on a calendar year basis. Join now and you will be a member through December 31, 2019.

Today's Date _____

Name _____

Mailing address _____

City/State/Zip _____

Phone _____

Email _____

- I wish to receive the AANHR newsletter.
- \$20 per family or corporate membership.
- Waive dues because of financial hardship.

Please make checks payable to: AANHR and mail to 111 River Oaks Blvd, Searcy AR 72143.

Driving directions to First Assembly of God Church, 4501 Burrow Road, North Little Rock

Coming from the North:

When driving South on Highway 67/167, take exit #1A onto Warden Road. As soon as you safely can, move into the right-hand lane, as you will be turning right at the Golden Corral Restaurant onto Commercial Drive.

Coming from East, West or South:

If you are on either I-30 or I-40, take Highway 67/167 North. Take exit #2 onto Landers Road. Stay in the left-hand lane, as you will be turning left and going under Highway 67/167 and enter Warden Road going southbound. As soon as you safely can, move into the right-hand lane, as you will be turning right at the Golden Corral Restaurant onto Commercial Drive.

Commercial Drive terminates at the church. Proceed straight across Burrow Road into the church's parking lot past the overhang at south end of building. Then, turn right to drive down the narrow alley-like drive.

The entry door is about half-way down the alley and the meeting room is located just inside this door off the alley-drive.