

# Senior Citizen News

**Community Action  
Agency/Mid-County  
Senior Center**  
P.O. Box 102,  
Daggett, MI 49821  
906-753-6986  
**BECKY THOUNE**

## DEMENTIA AND WHAT YOU NEED TO KNOW ABOUT IT

**Treating Dementia** - Once a diagnosis has been made, the next step is to consider the most appropriate form of treatment. If the condition is determined to be reversible, then the appropriate medication or other medical intervention can and should be started.

Though there is no cure for dementia, treatment with medication can help injured brain cells work more efficiently, while other medications administered later in the process can keep some healthy brain cells from dying. Because treatments are most effective when started early, it's critical to get an early diagnosis.

Dementia is a complicated and chronic problem. Therefore, it is essential the health care providers communicate with each other and collaborate together in assessment and treatment over time. Since the continuum of care includes outpatient to inpatient settings, providers at each stage of the process need to be aware of the "big picture" and how each member of the treatment team is contributing to care. Team members may include the primary care physician, a hospitalist

and psychiatrists as well as multi-disciplinary members of the outpatient and inpatient teams (physician, nursing, social work, occupational therapy, physical therapy and discharge planners). Good cooperation and communication among providers will help the person with dementia maintain the highest possible quality of life.

**After the diagnosis: discussing your wishes** - Families are encouraged, early on, to be proactive in getting legal counsel for a loved one with dementia. This is especially important because of the irreversible and advancing nature of the illness.

Early planning allows the person to be involved and express his or her wishes for future care and decisions, eliminating guesswork or disagreement among family members. It also empowers the person with dementia to designate decision makers on his or her behalf. Items to be considered include Advanced Directives, Designated Power of Attorney for Healthcare and even guardianship if the loved one cannot give consent for power of attorney, all of which allow trusted family members to assist, and when advanced, to intervene on behalf of a loved one.

Finally, end of life conversations and decisions should take place while a loved one is able to state his or her preferences. This painful, but vital aspect, of the continuum of care is a real blessing if families know ahead of time what their loved one would want when they have a terminal illness and be able to honor

those wishes with the help of a palliative care or hospice care team.

**Coping with challenging behaviors** - As Alzheimer's and other dementia progress, behaviors may change. Challenging behaviors can occur in up to 90% of the persons with dementia and can be as upsetting to the person as they are to the caregiver. As someone's ability to think, remember or communicate declines, his or her ability to understand and respond appropriately to a situation becomes impaired. This often leads to troublesome behaviors, known as behavioral "acting out" or what professionals call "need driven behaviors".

**Need Driven Behavior** - Challenging behaviors can include repetition, resistance, suspicious delusions, confusion, wandering, agitation, and verbal or physical aggression. There are often changes in eating and sleeping schedules as well. Behaviors may lead to erratic, unpredictable and uncontrolled outbursts. However, behaviors have a purpose and are often triggered by unmet needs and the inability to communicate those needs.

A person with dementia may wander aimlessly. Are they trying to find their children, parents or spouse? Are they agitated because they have a physical complaint and can't communicate it? Did they become aggressive when a caregiver they no longer recognize is attempting to undress them? Is the room too hot, too cold, too noisy or is a task too overwhelming?

When need driven behaviors occur in someone with dementia, it is important to try

a mystery destination for a Dutch treat lunch. Cost for the bus ride is \$4 per person.

Jan. 20 - Craft class at 11 a.m. The group will be making wooden serving trays. Please call the center if you would like to participate so we have enough materials for everyone. Would you like to join us for lunch after? Mention that too!

Jan. 29 - Monthly birthday party dinner with 50/50 raffle, door prizes, cake, ice cream and bingo. Are you celebrating your birthday in January? Please notify the staff when making your meal reservation so we may honor you!

Membership dues are now being accepted for the upcoming year at the Mid-County Senior Center. Dues are \$10 per person. Due funds are used to help purchase all the little extras we can provide for parties.

The Mid-County Senior Center is open for in-person dining. Pickup is available for those who chose not to dine in person. Please state your preference when reserving a meal.

## Nutrition Menu

Jan. 6 - Brat/bun, carrots, oven potatoes, diced pears.

Jan. 7 - Pizza casserole, Brussel sprouts, peas, whole wheat bread, applesauce.

Jan. 8 - BBQ meatballs over rice, corn, capri vegetables, whole wheat bread, Mandarin oranges.

Jan. 9 - Beef patty, broccoli, cauliflower, peaches.

Jan. 10 - Beefsteak w/onions, mashed potatoes/gravy, mixed vegetables, whole wheat bread, mixed fruit.

All meals are served with bread, margarine and two percent milk. Bread will not be served with rice or noodles.

~~1-3-25~~

1-3-25  
Menominee County  
Journal





# Community Action Agency Senior Nutrition Program

**SENIOR CENTER  
DINING or  
HOME DELIVERY  
PROGRAM**

## Meals for January 6<sup>th</sup> - 10<sup>th</sup>

### Monday, 1/6

Brat  
Hot Dog Bun  
Carrots  
Oven Potatoes  
Diced Pears

### Tuesday, 1/7

Pizza Casserole  
Brussels Sprouts  
Peas  
Applesauce  
WW Bread

### Wednesday, 1/8

BBQ Hamballs over  
Rice, Corn  
Capri Veg Blend  
Mandarin Oranges  
WW Bread

### Thursday, 1/9

Beef Pasty  
Broccoli  
Cauliflower  
Peaches

### Friday, 1/10

Beef Steak w/ Onions  
Mashed Pot w/ Gravy  
Mixed Veg  
Mixed Fruit  
WW Bread

All meals also come with  
Bread, Milk, and Margarine.  
Lunch reservations must be  
called in the day before by  
calling from 8:00am-2:30pm  
at your area local number.  
Menu modifications may be  
necessary at times.  
**Suggested meal  
donation is \$4.00**

Gladstone and Rapid River Area Call 428-2201 • Rock Area Call 356-6420  
Escanaba Area Call 786-8850 • Hermansville Area Call 498-7736 • Manistique Area Call 341-5085



*Daily Press*  
1-3-25

*Daily  
Press*  
1-3-25



Daily  
Press  
1-3-25

## Emergency food and shelter program funds available

ESCANABA — Delta County has been awarded \$16,104 in federal funds to supplement emergency food and shelter programs in the county. These funds are made available through the Department of Homeland Security (DHS)/Federal Emergency Management Agency (FEMA) under the Emergency Food and Shelter National Board program (EFSP).

A local EFSP board made up of the United Way of Delta County, Catholic Social Services, Salvation Army, Community Action Agency, St. Vincent de Paul Society, Tri-County Safe Harbor and other organizations will determine how the funds awarded to Delta County are to be distributed. Under the terms of the grant from the National Board, local organizations cho-

sen to receive funds must: 1) be private voluntary non-profits or units of government, 2) be eligible to receive Federal funds, 3) have an accounting system, 4) practice nondiscrimination, 5) have demonstrated the capability to deliver emergency food and/or shelter programs, and 6) if they are a private voluntary organization, have a voluntary board.

Public or private voluntary agencies interested in applying for Emergency Food and Shelter Program funds may apply online at <https://www.uwdelta.org/form/application-for-efsp-funds-delta> or contact Julie Mallard at [julie@uwdelta.org](mailto:julie@uwdelta.org) or 906-786-3736 to request an application.

Completed applications must be received by the local board by January 15, 2025.

Daily Press  
1-3-25

Daily Press  
1-6-25

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The selection was made by a National Board that is chaired by the U.S. Department of Homeland Security's Federal Emergency Management Agency and consists of representatives from American Red Cross; Catholic Charities, USA; National Council of the Churches of Christ in the USA; The Jewish Federations of North America; The Salvation Army and United Way Worldwide. The Local Board was charged to distribute funds appropriated by Congress to help expand the capacity of food and shelter programs in high-need areas around the country.

A local EFSP board made up of the United Way of Delta County, Catholic Social Services, Salvation Army, Community Action Agency, St. Vincent de Paul Society, Tri-County Safe Harbor and other organizations will determine how the funds

awarded to Delta County are to be distributed among emergency food and shelter programs run by local service agencies in the area. The Local Board is responsible for recommending agencies to receive these funds and any additional funds available under these phases of the program.

Under the terms of the grant from the National Board, local organizations chosen to receive funds must: 1) be private voluntary non-profits or units of government, 2) be eligible to receive Federal funds, 3) have an accounting system, 4) practice nondiscrimination, 5) have demonstrated the capability to deliver emergency food and/or shelter programs, and 6) if they are a private voluntary organization, have a voluntary board. Qualifying agencies are urged to apply.

Public or private voluntary agencies interested in applying for Emergency Food and Shelter Program funds may apply online at <https://www.uwdelta.org/form/application-for-efsp-funds-delta> or contact Julie Mallard at [julie@uwdelta.org](mailto:julie@uwdelta.org) or 906-786-3736 to request an application. Completed applications must be received by the local board by January 15, 2025.



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## Dementia

### Changing the Behaviors

Once patterns are determined, caregivers can make adjustments in approaches and routines. Strategies to cope with cognitive changes that come with dementia can prevent chronic stress and loss of control that can lead to challenging behaviors. Keeping a daily routine can help produce a sense of predictability and security. Increasing socialization, introducing therapies such as music, exercise or pets, making subtle changes to the persons environment (such as limiting noise & activity) and focusing on the person and not the task, can reduce the likelihood of problematic behaviors. Adjusting expectations to match the capabilities of someone with dementia will also help avoid frustration.

**Sudden Changes** - medical illness may be the cause of a marked and rapid decline or sudden onset of behavioral issues in a person with dementia. Often this sudden change, which is called "delirium" may be due to an easily identifiable and treatable problem such as uncomplicated urinary tract infection, mild dehydration, pain, con-

### Five tips for coping:

Try not to take behaviors personally.

Remain patient and calm.

Explore pain as a trigger.

Don't argue or try to convince.

Accept behaviors as a reality of the disease and try to work through it.

### Family caregivers: taking care of yourself

Caring for a person with Alzheimer's disease or dementia is physically, emotionally, and financially challenging.

The demands of day-to-day care, changing family roles and making difficult decisions on behalf of the family member can be hard to handle.

Taking care of yourself is one of the most important things you can do as a caregiver. A strong support network of family and friends is important to your physical and mental health; if that is not available, consider joining a support group. Continue doing things you enjoy. Consider using adult day care services or get help from a local home health care agency. Becoming well informed about the disease is another important long-term strategy. Search out programs or resources that help you learn about various stages of dementia and Alzheimer's and about flexible and practical strategies for dealing with difficult situations.

### 10 tips for Family Caregivers:

Seek support from other caregivers. You are not alone.

sore throat, itchy skin or lack of sleep. Seek help immediately if you notice a sudden change in a person with dementia.

Ask for help when you need it. Accept offers of help and suggest specific things people can do to help you.

Take care of your own

health so that you can be strong enough to take care of your loved one: maintain a healthy diet, exercise, get plenty of sleep and see your

own doctor as needed.

Maintain your religious beliefs and spiritual values.

Take breaks each day.

Learn how to communicate effectively with doctors.

Be open to new technologies that can help you care for your loved one.

Organize medical information so its up to date and easy to find.

Make sure legal documents are in order.

Finally, give yourself credit for doing the best you can in one of the toughest jobs there is.

### Reducing your risk

While some risk factors such as genetics or age cannot be changed, other lifestyle changes, including healthy eating habits, regular exercise and smoking cessation, can minimize risks. Taking prescription medications to reduce cholesterol levels and blood pressure is also important.

Keep mentally active. Read, do puzzles or learn a new skill.

Keep physically active.

Maintain a heart healthy diet like the Dietary Approaches to Stop Hypertension (DASH) or the Mediterranean diet.

Get enough sleep. Seek treatment for insomnia and sleep apnea.

Develop new hobbies.

Avoid excessive alcohol

use.

Quit smoking.

Have an active social life.

Practice good stress management.

Manage your blood pressure.

Protect your head - wear a seatbelt in the car and a helmet when practicing sports.

Seek treatment if you have depression, anxiety or other

would like to participate so we have enough materials for everyone. Would you like to join us for lunch after? Mention that too.

Jan. 29 - Monthly birthday party dinner with 50/50 raffle, door prizes, cake, ice cream and bingo. Are you celebrating your birthday in January? Please notify the staff when making your meal reservation so we may honor you.

The Mid-County Senior Center is open for in-person dining. Pickup is available for those who choose not to dine in person. Please state your preference when reserving a meal.

### Nutrition Menu

Jan. 13 - Turkey gravy over mashed potatoes, California blend vegetables, whole wheat bread, pineapple tidbits.

Jan. 14 - Chicken Cacciatore over egg noodles, country trio vegetables, wax beans, whole wheat bread, fruit cocktail.

Jan. 15 - Meatloaf, boiled potatoes, Far East blend vegetables, whole wheat bread, applesauce.

Jan. 16 - Boneless Pork chop, au gratin potatoes, mixed vegetables, whole wheat bread, tropical fruit.

Jan. 17 - Tomato basil soup, ham and Swiss sandwich, whole wheat bread, three bean salad, mixed fruit.

All meals are served with bread, margarine and two percent milk. Bread will not be served with rice or noodles. Meal reservations and cancellations must be made by 1 p.m. the previous day. Menu

modifications may be necessary at times.

### HERMANSVILLE SENIOR CITIZEN MENU WEEK OF JAN. 13

Monday - Turkey gravy over mashed potatoes, California vegetable blend, pineapple tidbits, whole wheat bread.

Tuesday - Chicken caccia-



Daily  
Press  
1-10-25



# Community Action Agency Senior Nutrition Program

## SENIOR CENTER DINING or HOME DELIVERY PROGRAM

### Meals for January 13-17

| <u>Monday, 1/13</u>   | <u>Tuesday, 1/14</u>  | <u>Wednesday, 1/15</u>  | <u>Thursday, 1/16</u>   | <u>Friday, 1/17</u>  |
|---|---|---|---|--|
| Turkey Gravy over<br>Mashed Potatoes<br>California Veg Bland<br>Pineapple Tidbits<br>WW Bread | Chicken Cacciatore<br>Over/ Egg Noodles<br>Country Trio Veg<br>Wax Beans, Fruit<br>Cocktail, WW Bread | Meatloaf<br>Boiled Potatoes<br>Far East Veg Blend<br>Applesauce<br>WW Bread | Boneless Pork Chop<br>Au Gratin Potatoes<br>Mixed Veg<br>Tropical Fruit<br>WW Bread | Tomato Basil Soup<br>Ham & Swiss<br>Sandwich<br>WW Sandwich Bread<br>Three Bean Salad<br>Mixed Fruit |

All meals also come with  
Bread, Milk, and Margarine.  
Lunch reservations must be  
called in the day before by  
calling from 8:00am-2:30pm  
at your area local number.  
Menu modifications may be  
necessary at times.  
Suggested meal  
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