Helen Keller is credited with noting that blindness cuts us off from things, but deafness cuts us off from people. This was especially apparent to me as I watched my 89-year-old mother struggle to hear the conversations at a recent family dinner. Restaurants with bad acoustics are the worst venues for anyone with hearing loss. It doesn’t help that my family, a rather talkative bunch, has a penchant for holding multiple conversations all at once at various angles around the table.

Hearing loss late in life is an especially tough disability given the coping skills needed to compensate, such as lip reading and sign language, are not easy to learn. They also require the cooperation and support of your family and friends to make them work.

The isolation that comes from hearing loss takes it toll on the memory and the spirit of the affected person. In a recent article by Temple University’s Claudia Dewane, a clinical social worker and victim of profound hearing loss, she writes: Contemporary psychiatrist William Glasser, MD, proposes that all individuals have five basic needs. How might hearing loss affect these needs?

- **Survival:** Is the sense of security threatened when an elder is concerned about hearing a fire alarm or a car horn?
- **Love and belonging:** Where do elders who are hard of hearing belong in the larger society? How does hearing loss affect a relationship or the ability to have a relationship?
- **Power and recognition:** Does hearing loss affect job performance or others’ perceptions of the abilities of the individual who is hard of hearing?
- **Freedom:** How is autonomy or self-sufficiency affected?
- **Fun:** Does the loss impair elders’ abilities to hear jokes, banter, or music or to have fun in any number of ways?

The stress of living with hearing loss can put people at risk for many reactions, including distrust, chronic sadness or depression, nervousness, anger or irritability, isolation, poor self-image, feelings of incompetence or inadequacy, or feeling marginalized.

Cont. pg. 5.
When Little Things Make a Big Difference

Have you ever been surprised when someone thanked you repeatedly for a small kindness? We often do not realize the impact of our words and actions, especially when the gesture required little effort on our part. Examples abound in the ministries of St. John’s Community Care.

People who have borrowed our medical equipment – sometimes for a few days; sometimes for years – return it with comments like “We could not have kept Dad at home without this equipment”, or “I don’t know how I could have managed without this wheelchair and bath bench.” Those who are able often give a donation or designate memorial gifts to us in gratitude for the loan.

Our Home Services Caregivers share their experiences with clients who, although paying for the services, express deep gratitude for a meal prepared, a listening ear, or the chance to laugh about memories shared.

We demonstrate the impact of “little things” regularly at our Adult Day Program in Collinsville with Wii bowling tournaments and a variety of activities utilizing our “It’s Never 2 Late” computer system. Many participants are more engaged and less anxious when these high-tech resources are part of our schedule. It may be just a game to many of us, but it is truly therapeutic to many of our participants.

We are delighted to announce that we have added a Wii system to Adult Day Program – Edwardsville, thanks to the generosity of Scott Credit Union. I recently watched two participants competing to see who could knock down the most pins – with 100 pins on the lane! The number of options available allows our staff to make the games compatible with a variety of physical and intellectual levels.

As we cannot yet afford an “It’s Never 2 Late” computer system for ADP – Edwardsville, we decided to explore less expensive options. A staff member brought her e-reader and helped a participant who was generally very agitated to play some games on it. He was mesmerized and much calmer. That experience led us to explore how we might use IPads or other tablets in the program. Staff decided that IPads were the best value for our uses, and we asked Hortica if they might donate toward the cost of an IPad and case for each location. They generously agreed to pay for both! The IPads will give our staff another great option for individuals when group activities don’t work for them, giving them additional reasons to look forward to attending.

We want those of you who touch our mission in what you may consider to be a small way to understand that we appreciate your support in a big way.
Friday, August 2

7 AM - Check-in
8 AM - Shotgun start
3 flights based on full field.

Arlington Greens
200 Arlington Dr.
Granite City, IL
618-931-5232

Support our mission of helping disabled and senior adults by having fun on the golf course!

Golfers: $75 per golfer which includes 18 holes, cart, drink tickets, light meal, and various awards. Register on our Web site using Pay Pal or by e-mail. Deadline to register July 26. Sponsors: $100 per hole sponsorship. Deadline July 26.

Register on-line, by mail or fax: DEADLINE: July 26. Be sure to provide your phone number so we can contact you.

Player 1 ___________________________________ Player 2 _________________________________________
Address___________________________________ Address_________________________________________
City, St. Zip________________________________ City, St. Zip______________________________________
E-mail/Phone________________________________ E-mail/Phone___________________________________

Player 3___________________________________ Player 4____________________________________
Address___________________________________ Address_________________________________________
City, St. Zip________________________________ City, St. Zip______________________________________
E-mail/Phone________________________________ E-mail/Phone___________________________________

Hole Sponsorship – Name on Hole (exactly as it should appear)
___________________________________________________________________________________

Contact person: ___________________________ Phone: __________________ E-mail __________________
On the Home Front

Gardener Gets Back to the Garden with a Little Help by Patti Haddick

Spring is here…a time of renewal and outdoor activities. Spring also means finding time for cutting grass, pulling weeds, and planting a garden. These are all activities that some family caregivers use to “recharge their batteries” and relieve stress. So how do they fit these things into their busy daily schedule when much of their time is spent caring for a loved one? They hire St. John’s Home Services to care for their loved one and give them respite!

Darlene, the granddaughter of Allan and Rose, noticed that Rose was becoming more forgetful and confused. She had always been an outstanding cook but her latest dinner included a can of cherry pie filling that was added to the spaghetti sauce. Needless to say Allan was not very hungry for this new twist on an Italian favorite.

There were other events that prompted Darlene to call St. John’s for Home Services. Rose was having accidents at night and, being a diabetic, was not eating right for her condition. Darlene also noticed that Allan was becoming stressed from caring for Rose and this stress was causing his occasional forgetfulness.

Allan dearly loves his wife but his vegetable garden is very important to him and a great stress reliever. Allan felt that he could not get to his gardening because he needed to care for Rose. Darlene decided that a call to St. John’s was in order.

St. John’s talked with the family and started providing services once a week. Our Caregiver bathed Rose, got her dressed, and changed the bedding if needed. Occasionally Allan would also let the caregiver prepare breakfast but he seemed to like doing this while the Caregiver spent time gabbing with Rose and getting her ready for the day.

As Rose’s needs increased, her hours with St. John’s Home Services increased. She started attending St. John’s Adult Day Program one day per week while Home Services continues to help Rose and Allan seven days a week. Allan is now able to work for a while each day in his garden and continues to attend church each Sunday. He has peace of mind that Rose is well cared for while he pursues his regular activities and hobbies.

If you are in need of a break or some time away from caregiving, give St. John’s a call. Home Services are available 24/7. Don’t hesitate to “recharge your batteries” by letting one of St. John’s Caregivers come to be a helper and companion to your loved one. Just like a spring garden, St. John’s Home Services grows to meet your needs.

Did you know?

Illinois law requires all landline and most cable and VoIP phone companies to provide telephone access for people who are deaf, deaf-blind, hard of hearing or speech disabled. ITAC is the not-for-profit corporation established to provide the Free Equipment Program and Illinois Relay on behalf of the phone companies. For more information, go to their Web site:

http://www.itactty.org/
Some elders who are hard of hearing feel lonely within their own families. They miss the side conversations or easy banter during family outings or conversations. Family members may feel just as lonely, as though they’ve lost a comfortable relationship because of the hearing loss. Hearing loss affects everyone in the family—not just those who are unable to hear. With this invisible disability, others tend to forget hearing difficulties and minimize the extent to which hearing impairment may result in misunderstandings.

So what can we do, in addition to seeking technology aids, to help our hard of hearing loved ones? Here are some guidelines and suggestions based on my family’s experience.

1. Family dinners at home with minimal background noise improve the level of hearing.
2. If you do go out, try to find a restaurant with softer room materials and better acoustics. Hard surfaces bounce sound and make it reverberate.
3. If you are in a restaurant, try to get a corner table. Let the hard of hearing person sit facing the wall so it will serve as an amplifier for your personal table conversation.
4. If there’s no avoiding a loud venue, bring an erasable tablet so you can communicate if necessary. I did this at a dinner when my Mom and I were joining friends at a loud restaurant. I brought a couple of extras and we all ended up having fun with the tablets which made my Mom feel like part of the gang.
5. Round tables are harder to hear conversations around than square ones. At a round table everyone has their own angle and are not directly facing anyone except perhaps one person across from them.
6. Try to have one conversation at a time so that they can follow it with no competing voices.
7. Don’t raise the pitch of your voice when you raise your voice to be heard. Most senior deafness is in the high pitch range. Talk low and slow so they can hear you.
8. Make sure you have your loved ones’ attention before you start talking to them.
9. If they express they can’t hear for the 10th time in an evening, offer compassion and understanding as you realize how frustrating and demoralizing it must be for them.

Cochlear Implants FAQ’s

Who is a candidate?
Someone who has severe or profound hearing loss who can not benefit from hearing aids.

Will a cochlear implant restore normal hearing for people who are deaf?
No, a cochlear implant does not restore normal hearing. It is a communication tool but not a "cure" for deafness. When hearing functions normally, parts of the inner ear convert sound waves into electrical impulses. These impulses are sent to the brain, where they are recognized as sound. A cochlear implant simulates that process. An implant, supplemented with listening therapy, can help people recognize sound, including speech.

Assist Dogs Can Help Hard of Hearing Cope

Hearing dogs are a type of service dog individually trained to alert their deaf or hard of hearing handler to a variety of environmental sounds such as: the doorbell, door knock, timers, smoke alarms, horns, emergency vehicles, a baby crying, a person calling to the handler, etc. Some people choose to have their dog work sounds for them inside the home only, while others choose to have their dog work sounds for them both inside and outside of the home.

A hearing dog may be any breed or size and many organizations that work for profit or non-profit train shelter dogs as hearing dogs. Typically, the applicant must have a hearing loss of at least 65db in order to qualify for a hearing dog.
Benefits Access Program Explained

The Benefits Access application is to apply for the license sticker discount and the ride-free bus pass for use on MCT fixed routes.

To qualify for the benefit, an individual must be 65 years of age or disabled and meet the income guidelines. The income guidelines are based on 2012 income: 1 person, $27,610; 2 persons (husband and spouse), $36,635. (Note: the old Circuit Breaker program has been discontinued. There is no grant check or help with pharmaceutical assistance with the Benefits Access program.)

There are no paper applications for this program; all filing must be done on the internet. When the application has been filed and approved, the program benefits will be in effect for two years.

If you have not yet filed the application or have questions concerning the program, please contact me at Answers on Aging, 344-7788. I will be happy to file the application, check the application status, or assist in any way.

Kay Curtis,
Answers on Aging Specialist
618-344-7788

Kay can also help with questions on Social Security and Medicare Benefits including Part D and Illinois Rx.

Thank You to Our Donors

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Designated Gifts
Scott Credit Union—Wii for Adult Day Program—Edwardsville
Hortica Insurance and Employee Benefits—Ipads for both Adult Day Programs
Are you looking forward to warm temperatures, spring flowers, fresh air and summer activities? Well, we are at St. John’s Adult Day Programs. One sign that summer’s in the air is our dedicated gardening volunteers are bringing life to our courtyard. They have been working diligently preparing the area for our participants and staff to enjoy. I’d also like to acknowledge the help we are getting from Lakeview Acres Garden Club in maintaining the courtyard. It’s beautiful in all its blooming glory.

Getting outside can refresh all of us during our day. The Edwardsville participants have enjoyed taking walks to get some fresh air. Let’s hope the weather allows us to use the courtyard abundantly this summer!

I would like to express my thanks to Joanie, our SIUE Art Therapy/Counseling student. Joanie was our first art therapy intern. Her experience opened her eyes to the geriatric population and the rewarding benefits of working with older adults. She educated the staff about the benefits of art therapy and the difference between art therapy and leading a craft activity. On Joanie’s last day, she and the participants she worked with gave a “showcase” of their work. Each participant shared their artwork and explained the process and the feelings their work evoked. I was definitely impressed not only with the creativity of their artwork/projects but the ability to articulate their feelings. One of the projects was a “Book Buddy” which was a collaborative book with students in one of the Sunday school classes at St. John Evangelical United Church of Christ. We thank Tracy Massa for coordinating the first collaborative project and supervising and assisting our first art therapy student. We will be hosting another SIUE Art Therapy student in the fall. She will be working at both centers.

The Edwardsville and Collinsville Adult Day Programs are busy and active. Each center has availability for new participants. Please share with families you encounter in your daily lives the benefits of adult day programs. We invite families to tour our facilities. We are available to answer questions and concerns at any time. Thank you for all your support for both centers!

**News Flash:** The Adult Day Program - Edwardsville can now accept Department of Rehabilitation Services and Illinois Community Care Program Clients! These important state programs make our programs available for participant who otherwise could not afford to attend.

**Thank You!**

Bingo Prizes, craft supplies—Cheryl Mines

Cake Mixes & frosting—Gladys Boyd

DVD player—Lacey Clemens

Craft supplies, bake ware for EDP—Karen Take

Karaoke Machine for ADP-E—Sandy Townsend

Cupcakes—Laura Scruggs

Cake mixes & frosting—Wanda Todoroff, University Nursing & Rehabilitation Center

Stuffed animals for bingo prizes—Sue Barnhardt

Camera for ADP-E—Don Take

Craft books and supplies—Linda Davis
Bunny Love Multiplies Smiles With Our Adult Day Participants!
Senior Services Plus
BLUEGRASS FESTIVAL
for 4th Annual Feed the Need Concert
Saturday June 8, 2013

Alton Square Mall's North Parking Lot Next to Andy's Auto Body

All proceeds to benefit Meals on Wheels

Hosted by THE HARMANS

Concert starts at 5pm: The Expedition Show, Marty Raybon, The Harmans, and Marty Stuart

Festival activities begin at 3pm with banjo and fiddle demonstrations and contests, a quilting fair and more. Food and drink vendors will include The School House Grill, Morales Tacos, among others and festival goers will also be able to purchase sno-cones, popcorn, soda, beer and other snacks and beverages.

Tickets: $20 advance or $25 at event, kids under 5 free. Purchase tickets at SSP 2603 N. Rodgers in Alton or on-line at seniorservicesplus.org, and Jersey State Bank in Jerseyville, IL or call Mike Harman at 278-4422. For more information call 618/465-3298 ext. 146

“so no senior goes hungry”

Eat at Applebee’s and Help Senior and Disabled Neighbors!

Present this coupon to eat in at Applebee’s in Collinsville, and St. John’s Community Care receives 15% of your check to help with our mission of assisting people affected by issues of aging or disabilities.

**Home Services** in 9 Metro East Communities since 1985

**Adult Day Programs** in Collinsville and Edwardsville

**Caregiver Support (free)** including support meetings, care consultations, medical equipment loans, and group strategies/resources workshops.

**5 p.m. to 9 p.m.**

**Wednesday, June 5th**