

ST. JOHN'S News

COMMUNITY CARE

Caring compassionately for aging and disabled people since 1985

When is it Time to Limit Driving or Give Up the Keys?

BY DAVID PIEPLOW

Contributing Writer

As an adult child, there may come a time when you realize that your older loved one simply cannot safely or confidently drive an automobile. They may pose a serious danger to themselves and others when they get behind the wheel. What do you do? What should you say?

First, discover the obvious sign that it is time to have that “difficult driving discussion” with your senior parent. According to AARP, there are ten signs it’s time to limit or stop driving:

Almost crashing, with frequent close calls. Getting scrapes or dents on the car, garage, or mailbox. Having difficulty moving into or maintaining the correct traffic lane. Having trouble following traffic signals, road signs, or pavement markers. Driving too slow or too fast for road conditions. Easily distracted or having difficulty concentrating. Experiencing road rage or causing other drivers to honk or complain. Decrease in confidence while driving. Receiving multiple traffic tickets or warnings from police officers. Getting lost, especially in

familiar locations.

That last sign really hit home about three years before my mother died.

One day I received a phone call from Mom, who lived outside of Tampa Florida... “David, I went to the doctor today and had a complete physical.”

“Great! How did it go Mom?”

“I was early for my appointment, I love my new doctor, and everything is as good as it can be for an eighty-six year old woman. But when I got back to the car, I didn’t know where I was and how to get back home. So I drove all around Sun City Center for about two hours until I found the entrance to Freedom Plaza, my parking space, and finally back home. I don’t know what to do. I was so embarrassed and didn’t want to tell anybody but you. It was all pretty scary.”



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*An outreach ministry of
St. John Evangelical UCC
in Collinsville, IL.*

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SPRING

*Thank you everyone
for taking such good
care of my mom Lucy.
Without all of you, she
could not have stayed
in her home and that
was her goal. You are
all excellent and
beautiful people.
Thank you - Janice*

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Nancy Berry, MHA
Executive Director

Words can never express my gratitude to you, your staff and your program. It came at just the right time in my care giving days. Jack so enjoyed going there each Tues. and Thurs. and it gave me a reprieve. I will be eternally grateful for your kindness, your care of the adults and the obvious dedication to those that attend your program. I have and will continue to speak highly of your program and wish you all the best!

*Thank you -
Sandy Cooper*

The Corner Office—Director’s Report

I was asked the other day to make an extra donation at church to help families send their children to church camp. Remembering what a wonderful experience this camp was for my sons, now grown, I was delighted to be able to make that happen for another child through my gift. I did not have to deny my children their days at camp because of financial pressures. I can only imagine the pain for parents having to choose making a house payment instead of registering their children for camp.

Now, let’s go back a few words to the financial part. Like most people, I can’t always make the gifts I would like to make. We all know how hard it is to plan for every day necessities and emergencies for our own families. It takes careful planning and discipline to ensure we have our financial needs and wants secured. Even with careful planning, sometimes life throws a curve ball that creates a financial challenge. If you are lucky enough to get to retirement age with only a few serious curve balls thrown at you, consider yourself a winner!

I was interested to learn at a recent meeting I attended with the Council of Health and Human Service Ministries the root meaning of “philanthropy”. Most of us connect philanthropy to giving money, but the roots of the word are actually “love of people”. That, of course, is what most often motivates us to share our financial blessings with a mission or cause which we feel is important.

I have had the privilege to work with several donors (philanthropists) this

past year who love people, were good planners, and are financially able to make major gifts. I have also talked with people about the opportunity to leave a legacy gift to St. John’s Community Care. I am humbled and in awe of their ability to make those gifts a reality for our mission. Their support goes a long way to helping us close the gap between “earned” revenue – like fees for services received – and the actual cost of providing those services. For St. John’s Community Care that gap varies between \$150,000 and \$200,000 each year. It is only through generous supporters investing in our mission that we are able to care for and empower our neighbors living with memory loss or physical impairments.

With each birthday I am privileged to celebrate, I think more often about retirement and related financial planning. That leads to thinking about how to continue to support the ministries I love long into the future. I hope to have many more years of good health ahead of me, but also hope to be able to share whatever financial blessings I don’t need in retirement to assure the future of St. John’s Community Care. I am deeply grateful to other supporters who are also including our ministries in their estate planning.

If you would like more information or to discuss how you can help with continuing the mission of St. John’s Community Care, call Nancy at 344-5008.

“Mom, I’m going to fly down this weekend and we’ll talk about it, Ok?”

That night I purchased a one way ticket to Tampa, with the idea that I would, most likely, drive her car home to St. Louis.

I used the time flying down to Florida to do a little research about what I could possibly say to my mother to help her decide to stop driving. One great article from USA Today quoted *Rhonda Shah*, AAA Traffic Safety Manager. “Many people feel hurt or defensive when a well-intentioned loved one tries to limit or stop their driving. Resistance can come full force. The very best thing to do during these situations is to remain open, calm, and focused on being productive. In other words, no matter how frustrating it is, focus on the big picture and think about how difficult it can be for our parents to accept this. Remember the patience they showed us while trying to teach us to drive.”

Almost every article I read said virtually the same thing. *Kyle Rakow*, Vice President and National Director of AARP Driver Safety said, “Remember that limiting or stopping driving is a complex and emotionally charged discussion. Older drivers have a lifetime of driving experience behind them and deeply value their independence and mobility that driving provides. Look for the warning signs, observe, and listen to your loved one.”

Mark Hornbeck, spokesperson for AARP Michigan added, “Driving skill is more related to health than it is to age. There’s no magic age at which everyone needs to give up their keys. It is a health-related issue.”

Unfortunately for all of us, it was all about her health; the beginning stages of Alzheimer’s.

My conversation with Mom was simple. I asked questions. ***“What do you want to do, Mom? Do you feel safe when you drive? Do you feel comfortable or nervous getting into the car? What are some of the options to driving? In what ways can you still have your freedom to do all of your outside activities you want to do?”***

It was a productive conversation which ended peacefully with my Mother handing me the title and keys to her car. During our time together, she saw for herself that she could no longer drive an automobile of any kind, including a golf cart. It was a sad time but a necessary time for the both of us.

My story will be different from your story. Yet, *looking for the warning signs, observing your loved one’s driving, and listening to your senior parent* should be **everyone’s** story as loving and caring adult children.

Remember, giving up the car keys can be a frightening and lonely prospect. Our parents steered us into the discipline of driving. We now owe our senior parents the same guidance through their driving challenges as they age.

If you are interested in learning more about handling driving issues, you should plan to attend the Surviving Caregiver Conference. See back cover for details.



Are you planning a family gathering or need to do weekly grocery shopping? Don’t forget to use your Schnucks eScrip card. A portion of your purchase can be donated to St. John’s. Just make sure to have your cashier swipe your card before they start totaling your order. If you do not have a card, pick one up at Schnucks service counter and register it to support St. John’s.



Home Services Program

A Dementia Friendly Community

By Gail Shaw - Home Services Care Coordinator



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What do you think when you hear the word dementia or Alzheimer's? Are those thoughts negative or positive? A lot of the time we tend to think in negative terms when it comes to talking about dementia or Alzheimer's. This is probably due to what we have seen or heard from others. We see individuals who are acting confused or appearing to not act normal when out in public. Others may not use the appropriate word to describe an object or repeat themselves. We may also witness people walking around aimlessly trying to figure out where they need to go or what they were supposed to be doing. And we have all heard stories of individuals getting lost while driving.

The Alzheimer's Association has shared the following figures on their website:

Alzheimer's disease is the 6th leading cause of death in the United States: every 66 seconds someone in the United States develops the disease: and more than 5 million Americans are living with Alzheimer's and by 2050, this number could rise as high as 16 million! These are very depressing statements to hear.

Many people are afraid of having Alzheimer's or are in denial that they or their loved one has it. It is just too scary and overwhelming to think about dealing with it. Some try to avoid it, hoping it doesn't exist. Others who suspect they or a loved one has it, don't know where to look for help.

There are some who have taken on the challenge to end the negative connotation of dementia and Alzheimer's. Their desire is to help make it a friendlier environment for those individuals living with dementia. Here's where the *Dementia Friendly America* initiative comes into play. The Alzheimer's Society, of London, UK set about to create a program to help their fellow seniors living with Alzheimer's. They developed a simple program to explain dementia to the

community at large. This idea incorporated dementia education, reviewing the early signs and symptoms of dementia and how dementia may affect someone. It also included simple exercises to show how difficult it is for individuals with dementia to perform everyday tasks and gave tips on how to communicate more effectively with those living with dementia. Plus, they wanted to make the community aware that a person living with a dementia or Alzheimer's is still a valuable part of our community.

The *Dementia Friendly* program was so well received in the United Kingdom that it was brought to the United States several years ago. St. John's Community Care now has trained staff to provide this program.

The *Dementia Friendly America* program is a one-time informal session that last an hour. It is geared towards having a small group of 3-12 individuals listening to a trained volunteer share information through education and group exercises. Members will walk away having a better understanding of dementia and what is normal versus not normal. The ten signs of memory loss will be reviewed and how to communicate with those who are challenged with dementia.

It is easy for the person living with memory loss and their caregiver to become isolated. By educating ourselves on dementia, hopefully we can make a difference in the life of someone living with dementia. We will then be able to honor this initiative by making our community dementia friendlier.

As dementia experts, we feel this is a great way to get the word out on dementia and Alzheimer's. If you would like our trained staff to give a *Dementia Friendly America* information session to your local church group, club, worksite, or small group, then all you need to do is contact our office at 344-5008.

What's Happening In Our Adult Day Program

Spring is a lovely reminder of how beautiful change can be! As always, St. John's Community Care Adult Day Program is changing and growing. I would like to announce the promotion of Ray Gallaher to Site Manager for the Collinsville center. Many of you know Ray, as he has been with us for 4 years as a Program Assistant. I know Ray will adjust quickly to his new responsibilities as Site Manager.

Linda Davis, RN, assumed the role of Site Manager at the Edwardsville center last summer. Linda was the program nurse at Edwardsville since our opening in 2013. Linda has transitioned well to her new role as Site Manager. Ray and Linda will manage the day-to-day operations, assisting families, supervising staff, and activities.

Our Program Nurses, Jill Davis, RN, in Collinsville and Beverly Austin, LPN, in Edwardsville, are always available as families have questions and concerns regarding health issues.

I will continue my responsibilities as Adult Day Director and will be available to address your concerns, suggestions, etc. Do not hesitate to contact me at 618-344-5008.

Two of our students are wrapping up their time with us. Each student spends a day at each center. I want to thank Marie Griffin from Eden Seminary for providing a regular devotion with our participants, sharing stories and inspiration from the Bible. Marie uses music as the participants relate to the traditional songs they remember as a child. Marie gave us a special treat when she brought her photo booth to each center for Valentine's pictures. Each participant had the opportunity to use the fun props and smile for the camera and take the photo home to share with family. We thank Marie for bringing lots of fun and laughter to us with her photography talents. We wish Marie well as she continues her studies.

Sylvia Gonzales, our SIUE Art Therapy

Counseling student, has been conducting small group and individual art therapy sessions weekly. Sylvia introduces a variety of art mediums from jewelry making to nature activities. Art Therapy creates a positive effect and gives everyone an outlet for self-expression. Sylvia has even created an "Open Studio" art activity for all our participants. We are blessed to offer Art Therapy through a grant. We wish Sylvia the best as she graduates in May.

Thank you to the following individuals/groups for bringing music, conversation, laughter and a lot of fun to our participants: St. Peter & Paul students and teachers, David Pieplow, Paul Davis, Collinsville Middle School Junior Kiwanis, and St. John Evangelical UCC Youth group.

Students from Saints Peter & Paul Catholic School bless our Collinsville Adult Day Program quarterly when two classes come to us to do a craft project with our participants. I meet with the students in their classrooms beforehand to help them understand what they may experience.

Typically, there is a class of older children and a class of younger who walk from their school to us. The interaction of the children and our participants is heart-warming. The teachers have noted that some of the children who are generally quiet and hesitant to interact engage a participant with whom they are paired and laugh and chat as they create a placemat for St. Patrick's Day or design an Easter egg.

The students who stay at school pray for our participants, their families, and our staff while their friends are with us. What a blessing to have this support for our ministries, and how wonderful that these children gain an understanding of how their friendship brightens the day for those in our care.



Stacey Rhodes
Adult Day Program
Director

srhodes@stjohnscc.org

618-344-5008



FAITHFUL SUPPORTERS

We are grateful for your kindness and generosity, and appreciate your desire to help us continue to make a difference for our family caregivers and their loved ones.
 (Donations received after March 9, 2018 will be acknowledged in the next issue.)

Craig & Missy Athmer
 Nancy Berry
 John Biggers
 Brett & Barbara Bray
 Cedarhurst of Edwardsville
 Collinsville Junior Service Club
 Otto & Mary Ellen Daech
 Ray Deleveski
 Marvin Docter
 Brette & Cindy Dorris
 Mark & Marilyn Doty
 ECHO
 Vickie Erlinger
 Linda Funkhouser
 Brad & Carla Gain
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 Jim & Gail Herren
 Frank & Jane Hester
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 Anonymous
 Sherry Skelton

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 Lois Metzger

Alvin Reising
 Lois Reising Family

Floyd Sperino
 Bernice Sperino

Virgil Stogner
 Jo Stogner

Frank Wasiski
 Pauline Wasiski

Wallace Weidner
 Anonymous
 Nancy Berry
 Philip & Charlie Edwards
 Patti Haddick

Patricia Woodcock
 James Woodcock

Arvil Wrigley
 Anonymous

Help us spread the word about Savvy Caregiving Sessions

The training provides tools to family members who are caring for an individual with dementia/memory loss who is living at home, either alone or with family. Each session will be comprised of six two-hour sessions. Call 344-5008 to register or for more information.

Next session will begin on Tuesday, April 17 from 6—8 pm

Fairview Heights Community Room, 10025 Bunkham Road, Fairview Heights, IL

Thanks to the Siteman Family Foundation and AgeSmart Community Resources for grants we recently received.

Thank You

to our generous friends who made in-kind gifts to support our Adult Day Programs!

Bernice Sperino	Goldfish snacks and candy
Liz Miller	kitchen towels and pot holders
Nancy Willett	candy and cookies
Susan Braxmeier	kitchen towels, pot holders, hand sanitizer, Kleenex, mints, Chapstick, hand cream
Jim & Sharon Mason	Girl Scout cookies
Sue Davis	laundry detergent
Ministries Unlimited	Individually wrapped candy
Kay O'Neill	Girl Scout cookies, calendars and pictures
Margaret Frailey	beads for crafts
Delores Dannenberg	incontinence supplies
Wanda Todoroff	St. Patrick's Day cookies
Eden Village	
Virginia & Pat Phillips	doughnuts
Gary & Pat Scheller	Goldfish snacks, candy, Veggie Straws
Jane Schoeber	Elmer's glue, kitchen towels
Rick Rhodes	Girl Scout cookies

May is Older Americans Month.

St. John's Community Care is hosting an Older Americans Worship Service and Luncheon to honor May as Older Americans Month.

A celebration of experience, wisdom and life!

Bring your family and friends to the service held at St. John United Church of Christ
Wednesday, May 30
11:00 am

A complimentary luncheon and entertainment are planned following the service. RSVPs can be made by calling (618) 344-5008 by May 25.

\$4,200!!

Special thanks to the ECHO—Enriching Communities by Helping Others - group for hosting a Trivia Night Event to benefit St. John's Community Care. Thanks to everyone who graciously attended and sponsored the event!

CAREGIVER SUPPORT GROUPS

Alzheimer's Support Group—Collinsville
Tuesday,
April 10, May 8 & June 12
1:30—3:00 p.m.

Join others dealing with dementia and memory loss at St. John's Community Care in Collinsville. Sessions are held the 2nd Tuesday of each month. Complimentary care for loved ones available with reservation.
Call 618-344-5008

Family Caregiver Support Group—Collinsville
Wed., April 11, May 9 & June 13
5:30—7:00 p.m.

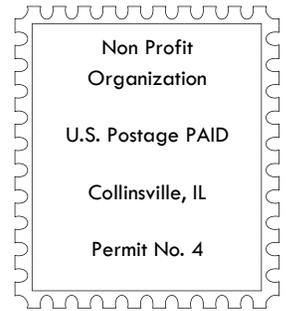
This support group is intended for family caregivers caring for loved ones with any type of disability. Join us at St. John's Community Care in Collinsville for a light complimentary dinner. Session held the 2nd Wednesday of every month. Complimentary care for loved ones is available with a reservation.
Call 618-344-5008

Family Caregiver Support Group—Edwardsville
Wed., April 18, May 16 & June 20
6:30—8:00 p.m.

This support group is intended for family caregivers caring for loved ones with any type of disability. Join us at St. John's Community Care in Edwardsville. Sessions are held the 3rd Wednesday of each month. Call 618-656-7090

ST. JOHN'S COMMUNITY CARE

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Phone: 618-344-5008



ADDRESS SERVICE REQUESTED

Email: info@stjohnscc.org
www.stjohnscc.org
618-344-5008

An outreach ministry of:
St. John EUCC
Mailing permit address:
307 West Clay
Collinsville, IL 62234



Proud member of

United Way
of Greater St. Louis



surviving caregiving conference

A Map Through The Maze

An insightful conference designed for family caregivers who wish to gain valuable knowledge and resources that will help them navigate the maze of caregiving.

Complimentary care available at St. John's Adult Day Center during the conference hours. Pre-registration for adult day service is required. Contact Stacey Rhodes at 618.344.5008.

Saturday, April 28
9:30 a.m.— 2:30 p.m.

St. John Church (rear)
307 West Clay Street
Collinsville, IL 62234

To register call
Age Smart
Community Resources at
618.222.2561.

This conference is free, but
registration is required.

Speakers:

Legal and Financial Issues—Heidi Dodd, Attorney
Driving Issues—How To Have The Conversation, Heidi Hoskins, OTR/L
Alzheimer's Progression—Greg Kyroauc, MSed
Anxiety, Caregiver Stress and Coping Strategies —Tanya Koelker, MA, LCPC



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