



# Elderberry Institute eNews

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475 Cleveland Avenue North, Suite 322, Saint Paul, MN 55104 • [www.elderberry.org](http://www.elderberry.org) • 1-800-320-1707 • 651-649-0315

## **Welcome to the Network!**

- Tamara Benitt - *Volunteer/ Service Coordinator, Argyle H.O.P.E*
- Sheryl Carriere - *Volunteer/ Service Coordinator, Middle River, Thief Lake*
- Tina Wall - *Caregiver Consultant, Northshore Area Partners*
- Ora Lind - *Service Coordinator, Northshore Area Partners*

### **Important Dates:**

**January 30** - Quarterly Service Reports due

Elderberry Institute applied for a Bremer Foundation grant at the beginning of December.

If funded, the grant includes a potential mini-grant process by Elderberry Institute to award up to \$2,500 to individual Greater Minnesota Programs.

## **Thank you**

Thank you to Barbara LaValleur (Program Director, Payne Phalen) for raising awareness of the difficult financial landscape facing LAH/BPs statewide in an interview with the Star Tribune.

**Department of Human Services CS/SD RFP scheduled to be available online  
December 29, 2008**

**RFP to Develop and Implement Three-Year Demonstration Projects for Older Adult Services Consortia available online now!**

**For more information see: <http://www.dhs.state.mn.us>**

## **Managing Fatigue -Caregiver Tips Information Sheet**

"Fatigue" or tiredness is very common after stroke. It is a very real problem- even though it is an invisible problem.

### **Common causes of fatigue:**

It takes enormous physical and mental energy to learn how to use your body and to think after stroke. The area in the brain that was injured from stroke no longer works in the same way. A different area of the brain has to work harder to compensate.

### **Other possible causes of fatigue:**

Medications may cause fatigue. Some medicines have side effects such as drowsiness or sleepiness. Sleep apnea or loud snoring can contribute to poor quality sleep. Frequent interruptions during night time sleep can cause daytime sleepiness. Being physically out of shape also contributes to fatigue.

### **Talk to your doctor:**

You may need to talk to your doctor to determine if your medications or therapies are contributing to fatigue. Your doctor may need to make some adjustments in your medications. Talk to your doctor if you have sleep apnea or very loud snoring.

### **Manage your day:**

Prioritize activities so you do the most important activities when you are at your peak energy level. Plan activities to allow for rest breaks, and take breaks before you are exhausted.

Fatigue will not improve with one to three hour naps. Limit rest breaks to 15 to 20 minute naps. You may need to take several short naps throughout the day.

### **Maintain a healthy lifestyle:**

Control fatigue by eating a healthy diet and maintaining a healthy weight. Begin or continue a regular exercise program.

For more information contact:

MN Stroke Association 8421 Wayzata Blvd. Suite 240 Golden Valley, MN 55426  
Phone: 763-553-0088 Email: [info@strokemn.org](mailto:info@strokemn.org)

Funded under a contract with the Metropolitan Area Agency on Aging, Inc. as part of the Older Americans Act Program

## **Success Story - Macalester-Groveland Seniors, a LAH/BNP**

Joseph first became involved with Macalester- Groveland Seniors (MGS) in December of 2006. His wife had recently left him, and he was estranged from his two sons. He was having difficulty managing his finances, wanted more social opportunities as well as help with transportation and grocery shopping. Joseph has anxiety, a history of heart attacks, cognitive impairment, some memory loss and a seizure disorder. He worked as a custodian for many years. After he retired, he worked at Lund's for a brief time.

Joseph's financial difficulties stemmed in large part from a gambling addiction. Money was easily spent without realizing the effect of his actions. We arranged a representative payee from the county to assist in fixing this problem. He was matched with a friendly visitor volunteer who took him to HealthEast Passport to play cribbage. The volunteer set up a filing system for important information. We applied for a free air conditioner through Xcel Energy. Consumer Directed Services was implemented so Joseph could buy dishes, cooking utensils and coaching on meal preparation and nutrition.

In August 2007, Tom fell and injured his jaw. He was placed in a transitional care facility after hospitalization. We spoke with one of his sons about providing care for Joseph. Arrangements were made for in-home nursing and home health aide services.

MGS involvement with Joseph has included running errands, helping with housekeeping, monitoring nutrition, and making sure soft food was available after his injury. He has had visitors and goes out to play cribbage. MGS staff connected with Joseph's Catholic Charities worker, ACG worker and the transitional care facility to make sure his needs were met. His bills are paid in a timely fashion. We have helped him reconnect with his sons. Joseph is considering moving closer to family and is happy with the changes he has made in his life.

**Send Us Your Stories! If your Program has a news update or story to share, please send an e-mail to [gerickson@elderberry.org](mailto:gerickson@elderberry.org)**