

Something Worth Caring About

National Family Caregivers Month — observed every November — draws attention to the many challenges facing family caregivers, the need for stronger public policy that addresses family caregiving issues, and the available community programs that support family caregivers.

Family caregiving is the bedrock upon which this country's healthcare system depends. The services provided by family caregivers represent 80 percent of all home care services and are conservatively valued at \$257 billion a year, more than twice the amount spent on paid home care and nursing home services combined.

Family caregivers provide a vast array of emotional, financial, nursing, social, homemaking and other services on a daily or intermittent basis. Caregiving itself is a multi-dimensional puzzle. For some, it means providing 24-hour care for someone who can't dress, feed, go to the bathroom, or think for himself or herself. For others, caregiving is an emotional roller coaster because a diagnosed condition has not exhibited debilitating symptoms ... yet. Caregiving can go on for a few years or for a lifetime. It means re-evaluating finances, re-evaluating job opportunities and making compromises. Caregiving is learning how to work with doctors and other healthcare professionals so they treat you as an important member of your loved one's healthcare team.

We understand how important it is for family and friends to be involved in the care of their loved ones. We also understand the great stress that can be experienced by those providing the care. In response to the growing need of informal caregiving by family and friends, we offer information, assistance and services to help these special individuals who, in their role as caregivers, help us keep older adults safely in

their homes as long as possible. More Caregiver information is available on our Web site at www.growingolder.org.

There are 50 million family caregivers across the country. If you are one or you expect to become one, or if you would just like to find out what information and services are available for your elderly loved one, and for you, call the Council for Older Adults at (740) 363-6677 or (800) 994-2255.

Project Safe Heat

Does your furnace need cleaned and tuned before winter? Community Action Organization (CAO) offers the service of cleaning and tuning your furnace, along with a free carbon monoxide detector, for all eligible persons age 60 or older. Please contact CAO at (740) 369-3184 to schedule an appointment.

Upcoming Events from the Delaware Arthritis Foundation

November

On Nov. 14, Dr. Carolyn Hixson, M.D. will be speaking to the public on osteoporosis at the Park Avenue Senior Center at 7 p.m. This event is free and open to the public.

December

In December, Linda Biddle, from the Osteoporosis Diagnostics & Treatment Center in Marysville, will be speaking on "Osteoporosis Treatment & Prevention." Details TBA.

January

On Jan. 25, Lee Burkam, PT, SCS, ATC, director of sports and ambulatory rehab at the Ohio State University Sports Medicine Center, will be speaking on the topics of "Glucosamine & Chondroitin" and "General

Physical Therapy Exercises for Arthritis Pain," from 12:30 to 2 p.m. at the Delaware Senior Center, 420 Park Ave. in Delaware. Start the new year with the power of knowledge and important exercises to help keep you fit and active in 2007.

February

Feb. 10 is the date of our annual fund-raising event, "Wine & Dine." This event will give participants a chance to experience a variety of foods from Delaware County restaurants and taste wines from various wineries in Ohio and surrounding states.

The event is scheduled from 5:30 to 8:30 p.m. in the ballroom of the Delaware Hotel, 351 S. Sandusky St., Delaware. Tickets for this event are \$25 and can be purchased through the Delaware

Arthritis Foundation, the Delaware Hotel or Buehler's Fresh Foods. This is an evening to sample delicious food/wine, enjoy entertainment and participate in live and silent auctions.

Please join us for an evening of fun while supporting your local chapter of the Arthritis Foundation. Your support will give those within the county suffering from the nation's number one debilitating disease exercise programs, assistance and educational choices to help effectively manage their daily pain and discomfort.

For more information, call (740) 362-8400. The Delaware Arthritis Foundation is located at 39 W. Winter St., Delaware, and is open Tuesday and Wednesday from 8 a.m. to 5 p.m., and on Thursday from 9 a.m. to 3 p.m.