

April-May 2018

SILVERcare Mission Statement

SILVERcare's purpose is to provide activities of daily living services to older and disabled adults; providing personal care and home support to promote the client's well-being and allow them to age in place with dignity and safety while providing respite and peace of mind for their families.

Services are intended to be flexible, professional, reliable and conducive to providing the needs and satisfying the desires of clients on an individual basis, while adhering to supervisory and regulatory standards and procedures, yet maintaining a practical and innovative approach to home care.

Caregivers will be properly trained, supervised and encouraged as well as appreciated and respected, supporting staff and management's commitment to a congenial, efficient and enjoyable work experience and environment.

Meet our Staff

Ben Gardner



Ben is our Operations Manager and has been with SILVERcare for 4 years. He is a graduate of East Carolina University and is married with a 7 month old daughter.

His responsibilities include; hiring of our caregivers, insurance billing, managing the Teletrack system and general day to day operations. He enjoys playing basketball, golf and coaching a Bath Ruth baseball team, but most of all, spending time with his family.

The SILVER Standard

Experienced, knowledgeable staff.

Our exceptional quality of care.

The ability to begin services quickly after inquiry is made.

We offer shift services at lower rates than hourly billing.

Our on-call staff is available 24 hours a day, 7 days a week.

Extensive caregiver training with multiple in-services throughout the year.

Thorough background checks on all caregivers.

Registered nurses who supervise all the caregivers and are available for any questions or concerns.

A true and genuine concern for the well being of our clients and their families.



YouTube





May is Older Americans Month

- * President Lyndon B. Johnson signed the Older Americans Act (OAA) into law in July 1965.
- * Over the past 50 years, the Act has provided a national network of aging services and funding that helps older adults to live and thrive in communities of their choice for as long as possible.
- * These services include home-delivered meals, congregate nutrition program, caregiver support, preventive health services, transportation, job training, and elder abuse prevention to name a few.
- * Every President since Kennedy has issued a formal proclamation during or before the month of May asking that the entire nation pays tribute in some way to older persons in their communities.
- * Older Americans Month is celebrated across the country through ceremonies, events, fairs, and other such activities.
- * May is a month of fresh beginnings. Perennials bloom once again, blazing a trail of bright color. This month we acknowledge and celebrate the perennial contributions of older adults in our nation.

??Did You Know?? ??

Banging your head against a wall burns 150 calories an hour.

May 29th is officially “Put a Pillow in Your Fridge Day”.

The average woman uses her height in lipstick every 5 years.

You cannot snore and dream at the same time.

The Titanic was the first ship to use the SOS signal.

Pirates wore earrings because they believed it would improve their eyesight.



Bathroom Safety: The Toilet

For many people, age can bring the loss of strength and balance, which makes the experience of sitting down and getting up from toilets quite difficult. There is a fall risk as a result, which can lead to detrimental injuries. There are, however, several options to help support individuals with safe toilet transfers.

Toilet Grab Bars

Grab bars, either wall- or toilet-attached, can compensate for low toilet seats and help a person safely sit down and get up from the toilet. For those who have a hard time getting up from a seated position, there are some grab bars that can support the weight of a person while also serving double duty as a toilet paper holder.

Raised Toilet Seat

Individuals with a lack of arm and

leg strength or balance often have difficulty lowering themselves down to sit on a low toilet seat or rising to a standing position safely. A raised toilet seat, which raises toilet seat height by 3 to 4 inches, reduces the amount of squatting and the distance that has to be covered to sit on the toilet. Many seats are equipped with brackets or locking clamps that stabilize the seat on the toilet rim, making them easy to install.

Toilet Safety Rails

For individuals with poor balance who use the arms of a chair to sit down and get up from a chair, toilet safety rails would be a great addition for bathroom safety. The safety rails attach directly to the toilet seat and have two rails on either side—like an armchair—for maximum stability.

Commodes

Commodes offer a temporary or permanent solution for individuals who have a difficult time traveling

to the bathroom in a timely manner. While commode seats come with or without wheels, people who have extreme balance problems should consider a commode without wheels for additional stability and safety. Commode seats can be a replacement for the toilet or can fit over-top the existing toilet. They’re especially beneficial for people who are no longer safe walking to the bathroom at night.

The bathroom can be a dangerous place for people of all ages, but older Americans are more vulnerable to falls and injuries. Taking the necessary steps to make the bathroom a safer place for you and your loved ones can end up saving your body and your wallet down the line.





Family Caregiver Support Programs

Families are the major providers of long term care in America. In an effort to help family and informal caregivers care for their loved ones at home for as long as possible, the Family Caregiver Support Program (FCSP) provides funding to support a range of services that assists caregivers. The Family Caregiver Support Program serves the caregiver.

Eligible family caregivers for our programs are:

A caregiver of any age providing care for an older adult age 60 or older OR providing care for a person who has Alzheimer's disease or related dementia.

A caregiver (who is not the birth or adoptive parent) age 55 or older, raising a related child, age 18 and under or an adult with a disability.

Services Provided by Family caregiver Support Services

Assistance locating services from a variety of private and voluntary agencies
Caregiver education and training programs designed to help caregivers prepare for the caregiving journey

Facilitate peer support groups to help families cope with the physical and emotional stress of dealing with an illness or disability of their loved one

Respite care to enable caregivers to be temporarily relieved from their caregiving responsibilities

Short-term or one time only supplemental services to assist the caregiver, such as-
Incontinence supplies
Supplemental liquid nutrition
Wheelchair ramps
Grab bar installation

Call Tamyra Jovel for more information : 252-974-1837



Farmville Alzheimer's Caregiver Support Group meets every 3rd Sunday at 4:00pm at the First Baptist Church, 3653 East Wilson St., Farmville. Call Edwina Bailey at 252-531-9460 or email edwina@mvcjcpa.net for information.

Alzheimer's Caregiver Support Group: Join us every 3rd Tuesday at SILVERcare , 2865 Charles Blvd. from 10:00-11:00. Please call 252-355 5677, or email Malcolm@silvercareweb.com for information.

Vidant Senior Services Program meets every Thursday at 10:30 am at the Hope Lodge, 930-A Wellness Dr. This program encourages and helps older adults to lead healthier, more productive lives. Call 252-847-0550 for information.

Diabetes Support Group meets at Vidant Wellness Center, 2610 Stantonsburg Rd. once a moth. Call 252-847-1436 for information.

Resources

SILVERcare (252-355-5677) www.silvercareweb.com

Pitt County Council on Aging (252-752-1717) www.pittcoa.com

**Mid-East Commission Area Agency on Aging
(252-946-8043) www.mecaaa.org;
www.mideastcom.org**

National Council on Aging www.ncoa.org

Social Security Administration www.ssa.gov

Medicare www.medicare.gov

NC Division of Aging and Adult Services www.ncdhhs.gov

Alzheimer's North Carolina www.alznc.org