

UK Elder Care

IN THE KNOW

E-Newsletter
October 2009



A MESSAGE FROM THE COORDINATOR

In celebration of National Work and Family Month, UK Work-Life and other departments across campus have planned a number of events to help you be successful both a home and at work. All of the events are *free* and available to faculty and staff. Some special sessions include: Luncheon session on *Financial Planning for Your Future* sponsored by Fidelity October 5th; Luncheon session on *New Rules of Investing* sponsored by TIAA-CREF October 21st; and a Free *Work-Life Resource Fair* featuring author and nationally known speaker William B. Irvine, PhD., on "A Guide to the Good Life." Work-Life will recognize the *2009 Work-Life Supervisor of the Year* October 28th, so you don't want to miss this special event where several supervisors will be recognized! Visit the Work-Life web site for more information and to RSVP: www.uky.edu/HR/worklife.

Be on the lookout for information about November Caregiver's month! Save the date for the kick-off event where AARP will give an *Update on Health Care Reform* November 3rd, 12:10-12:50 p.m. Gallery Room, WT Young Library. Come learn about the issues, bills and the myths!



NEWS HIGHLIGHTS

New Web Site Promotes Senior Volunteer Opportunities

Seniors who want to remain active and engaged often turn to volunteering. A new government Web site sponsored by the Corporation for National and Community Service is promoting volunteerism for seniors. The site, www.getinvolved.gov, makes it easier for seniors to find volunteer opportunities around the country.

Those ages 55 and older can use the Web site's search engine to locate volunteer opportunities by interest and location. They can search in interest areas such as animals, homelessness, politics, and sports, among others. Most of the opportunities are flexible so seniors can volunteer when and where their schedule allows.

In addition, through the Web site, seniors can sign up for one of the following Senior Corps' National Service Programs, which connect seniors to service opportunities in their communities:

- RSVP offers volunteers 55 and over a variety of service opportunities in their local communities.
- The Foster Grandparent Program connects volunteers age 60 and over with children and young people with exceptional needs.
- The Senior Companion Program brings together volunteers age 60 and over with adults who have difficulty with the simple tasks of day-to-day living.

To learn more about Get Involved, visit www.getinvolved.gov.

Source: www.elderlawanswers.com

FDA: Philips Lifeline Issues Safety Alert for Lifeline Pendant Personal Help Buttons

The U.S. Food and Drug Administration today cautioned users of personal emergency response buttons worn around the neck of a potential choking hazard associated with this product.

The FDA is aware of at least six reports between 1998 and 2009 of serious injury or death, including three deaths in the United States and one in Canada, from choking after the cord on the Philips Lifeline Personal Help Button became entangled on other objects worn around the neck.

There are more than 750,000 users of these devices in the United States and Canada. By pushing the "help" button on the device when in distress, users can call for emergency assistance to their home. According to Philips Lifeline, the device is used primarily by seniors living independently, who feel they are at risk for falls or other medical emergencies.

The Lifeline pendant button is intentionally designed to not break away when tugged, which prevents the button from accidentally falling off. However, because it does not break away, there is a risk of choking, including the possibility of serious injury or death. Risks are greater for those with mobility limitations or for those who use wheelchairs, walkers, beds with guard rails, or other objects that could entangle with a neck cord.

Philips Lifeline is currently sending letters to its 750,000 customers and has changed the labeling of this product to include a warning against the potential choking hazard.

The FDA recommends that users consult their health care providers to determine which style of emergency button, including those that are worn on the wrist, is most beneficial for them.

These widely used devices provide critical and immediate access to emergency care for those at risk of falls or who may be more likely to need outside assistance. While the number of adverse events reported is small compared to the number of people who use this device, the severity of these events is of concern. It remains important that users, along with their health care providers, assess the options provided by each style of button, and choose the option that best fits their condition.

Health care professionals and users may report serious adverse events or product quality problems with the use of this product to the FDA's MedWatch Adverse Event Reporting program either online, by regular mail, fax or phone.

Source: www.fda.gov/MedWatch/report.htm



UPCOMING EVENTS ON CAMPUS & IN THE COMMUNITY

CAMPUS EVENTS

Work-Life Month Special Events:

****Financial Planning for Your Future - Luncheon-*** October 5, 11:30 – 1 p.m. Student Center, Small Ballroom

****New Rules of Investing – Luncheon*** – October 21, 11:30 – 1 p.m. Student Center, Small Ballroom

****A Guide to the Good Life*** – October 22, Noon – 1 p.m. W.T. Young, Auditorium

****FREE Resource Fair: Services for UK Employees*** – October 22, 11:30 a.m. – 1:30 p.m. W.T. Young Library, Gallery Room

****Work-Life Supervisor of the Year Award Luncheon*** October 28, 11:30 – 1 p.m. in the Student Center Ballroom

NETWORKING GROUPS: Free Pizza for all group attendees

****New- Empty Nesters***

October 7, 12:10-12:50 p.m. W.T. Young Library, Keeneland Room.

****Working Mothers***

October 8 12:10-12:50, 220 Scovell Hall, Ste 2

****Caregivers Support***

October 15, 12:10-12:50 p.m. W.T. Young Library, Keeneland Room

****Parenting Teens and Tweens***

October 14, 12:10-12:50 p.m. 220 A Scovell Hall

****New-Child-free Women***

October 21, 12:10-12:50 p.m. 220 A Scovell Hall

Visit the Work-Life web site for a listing of ALL scheduled events.

Registration required for all luncheons. For registration and information on all events, visit www.uky.edu/HR/WorkLife or call 257-8763

- **Disaster Preparation for Families** seminar scheduled October 6th from 12:10-12:50 p.m. in 220 Scovell Hall, Ste. 2. For more information visit Work-Life web site at www.uky.edu/HR/worklife.
- **Health & Wellness Events:** Start *Walktoberfest* October 7th at noon outside of WT Young Library. *Therapeutic Chair Massage* October 14th at the Main Building from 9-1 p.m. Lunch N Learn: *Nutrition Mythbusters!* October 15 noon – 1 p.m. in the Gallery Room, WT Young Library. Registration deadline for new participants for *Weight Loss Matters* October 30th. For more information and to RSVP for appointments and programs, please visit www.uky.edu/HR/wellness.
- **Cyber Safety Tips for Parents Webinar** scheduled October 27th from 12:10-12:50 p.m. View online! Details online at www.uky.edu/hr/worklife.
- **Reinventing Yourself for Your Next Career:** Patrice Blanchard, Director of Workforce Programs AARP will be giving a workshop about handling a career transition October 29th 5:30 – 7:30 p.m. at the James W. Stuckert Career Center. Cost is \$5 per person. Visit the following web site for more information: www.ukhomcoming.com.
- **Coming Soon on demand online What UK Can Do For You.** This will be available on the Work-Life web site at www.uky.edu/HR/worklife.



CAREGIVER SURVIVAL GUIDE

Keys to Reducing Work-Life Stress:

When practiced regularly, these skills can help manage the effects of trying to balance your work and personal demands.

1. Manage psychological and physical well being
 - a. Have support groups
 - Establish supportive friendships
 - b. Sustain healthy diet
 - c. Get plenty of sleep
 - d. Maintain an active lifestyle
 - Exercise Regularly!
 - e. Balance personal, social, and work-related activities
 - f. Spend some time alone
2. Monitor present level of stress
 - a. Recognize early warning signs
 - b. Be prepared for potentially stressful events
 - c. Keep daily stress log
 - d. Seek professional help when needed
3. Change your reactions to stress
 - a. Have a positive attitude
 - Think about things to be grateful for
 - Laugh often
 - Do something nice for a friend
 - b. Accept and discuss

- c. Learn to relax
 - Breathe deeply and slowly
 - Listen to relaxing music
- d. Clarify responsibility
- e. Improve your time-management skills

Whether you are trying to balance work with elder care responsibilities or dealing with other stresses at home and/or work, Work-Life offers a variety of services to help you. Visit the Work-Life web site for a complete list of *FREE* resources available to you as a UK employee: www.uky.edu/HR/worklife



155 Seaton Center ~ Lexington, KY 40536-0219

www.uky.edu/HR/eldercare ~ (859) 323-4600