



Western Area—Western Community Health Resources

March Days to Remember

- March 8 – Commonwealth Day
- March 14 – Daylight Saving Time Begins
- March 17 – St. Patrick’s Day
- March 20 – Spring or Vernal Equinox
- March 21 – Naw-Ruz
- March 28 – Palm Sunday
- March 30-31 – Passover

Respite Days

- Second weekend of every month (weekend is Friday, Saturday, and Sunday)
- Pays for up to 8 hours of respite used the 2nd week of every month
- Providers MUST have a background check on file to receive pay
- Forms for reimbursement can be found at on the Respite link at www.panhandlepartnership.com
- **FORMS MUST BE RETURNED IN THE MONTH REIMBURSEMENT IS BEING REQUESTED!**
- For questions, call 866-RESPITE ext. 100

RED CROSS APPRECIATION

March is Red Cross Month, and it’s a wonderful opportunity to learn more about Red Cross and everything they provide.

The Red Cross website (www.redcross.org) has an abundance of information on everything from getting trained to donating blood, to volunteering.

This month, the Nebraska Respite Network would like to show Red Cross their appreciation by supplying our readers information on giving life by donating blood and how to help them make a difference.

Donating Blood

Both Dawes and Box Butte counties currently have blood drives. If there is an upcoming blood drive in either of these locations for the Panhandle, visit www.membersforlife.org/midamerica/mobilesch/bdc_county.php to view them.

You can also schedule appointments to donate by visiting www.membersforlife.org/midamerica. If you have never donated before, you will be required to set up a profile, but this can be done for free. Or, if you would rather schedule an appointment by phone, you can call 1-800-GIVE-LIFE (1-800-4483-5499).

Make a Difference

The American Red Cross helps people in emergencies every day. Whether its half a million disaster victims or one sick child who needs blood, our vital work is made possible by people like you, who learn how good it can feel to lend a helping hand.

THE AMERICAN RED CROSS NEEDS YOU!

- Various Opportunities to Help - Red Cross volunteers provide relief to victims of disasters and help people prevent, prepare for, and respond to emergencies.
- Fits Your Schedule - Your local Red Cross chapter can work with you to provide rewarding experiences, whatever your schedule.
- No Special Skills Required - The Red Cross needs people with all kinds of different backgrounds, talents and skill levels. And, if you need training, they’ll provide it.

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For more information, please visit www.redcross.org or contact them via regular U.S. Mail or by phone at:

American Red Cross National Headquarters
 2025 E Street, NW
 Washington, DC 20006
 Phone: (202) 303-5000 (non donation)
 Donation Hotlines: 1-800-REDCROSS (1-800-733-2767) / 1-800-257-7575 (Español)



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Remember to take care of yourself so you can better care for others!

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Elder Boom Will Be Felt Worldwide

By Robert Preidt

The proportion of people who are age 65 and older will double from 7 to 14% of the world's total population by 2040, says a new U.S. Census Bureau study.

The over-65 population worldwide will grow from 506 million as of last year to 1.3 billion in 30 years. The unprecedented rate of increase will present challenges and opportunities, according to the report, commissioned by the U.S. National Institute on Aging.

And the number of people 100 and older -- centenarians -- has risen dramatically, from an estimated few thousand in 1950 to more than 340,000 worldwide today; the greatest numbers of centenarians are found in the United States and Japan, according to the latest Census Bureau figures.

"Aging is affecting every country in every part of the world," Richard Suzman, director of the behavioral and social research at the institute, said in an agency news release. "While there are important differences between developed and developing countries, global aging is changing the social and economic nature of the planet and presenting difficult challenges. The fact that, within 10 years, for the first time in human history there will be more people aged 65 and older than children under 5 in the world underlines the extent of this change."

SOURCE: U.S. National Institutes of Health and www.medicinenet.com

**"EVERY GOOD ACT
IS CHARITY. A
MAN'S TRUE
WEALTH HEREAFTER
IS THE GOOD
THAT HE DOES IN
THIS WORLD TO HIS
FELLOWS."
-MOHAMMED-**

GETTING SOMEONE TO EAT - INFORMATION FOR CAREGIVERS

By Jennifer B. Buckley

A common nutritional problem that can affect care recipients in poor health is cachexia-anorexia and it especially involves those in advanced stages of Alzheimer's, Cancer and AIDS. Cachexia-anorexia is a syndrome in which progressive and involuntary weight loss occurs. Caregiver.com has come up with a list of ways to help your care recipient eat. Remember to consult your physician about the specific dietary needs of your loved one.

- **Water, Water, Water.** Make sure the person you are caring for has plenty of water to avoid dehydration, which can lead to appetite suppression.
- **Keep it small.** Instead of three large meals a day, which can look overwhelming to someone in poor health, serve six small meals a day.
- **Bulk up on the amount of calories per meal.** For instance, you can add protein powder mix to shakes or drinks to increase calories.
- **Soft is better.** Serve soft foods such as pudding, ice cream, or fruit smoothies because they can be tasty and easy to digest.

- **Make it tasty.** Don't serve bland or sour tasting foods.
- **Put the power in their hands.** When possible, give the person you are caring for the decision-making power to decide what they would like to eat; it helps them to feel in control.
- **Make it pretty.** Present appetizing looking meals by accenting the plate with a garnish (i.e. strawberry or melon). Also, make the dining experience pleasant for the person you are caring for by playing soft music or talking to them about the day's events while they are eating to take their minds off not feeling well.
- **Write it down.** Keep a food diary about the person you are caring for and include: what food they have problems or complications digesting and their daily food menus, and review it with their doctor or dietician for feedback. They may be experiencing digestive problems or irritable bowel syndrome due to their menu.
- **Work it out.** Try and get them moving to work up an appetite. If overall exercise such as walking isn't possible, have them fold the laundry or peel vegetables.