

# SILVER LININGS



CHRISTIAN CHURCH (DISCIPLES OF CHRIST)  
PACIFIC SOUTHWEST REGION

PSWR OLDER ADULT  
MINISTRY COMMITTEE  
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## CAREGIVING TIPS FOR LONG-DISTANCE CAREGIVERS

Some adult children find themselves unable to provide care for their aging parents due to the fact that their parents live in another state. Being unable to provide such care can be very difficult and stressful. Here are some tips and resources that can help.

When it comes to monitoring and caring for an aging parent from afar, you have a couple of options. You can either hire a professional to oversee your dad's needs or you can manage things yourself by building a support system, tapping into available resources and utilizing technology that can help you keep tabs on him.

**Professional Help.** If your dad needs a lot of help, you should consider hiring an "aging in life care professional" who will give him a thorough assessment to identify his needs, and will set up and manage all aspects of his care. These professionals typically charge between \$100 and \$200 per hour, and are not covered by Medicare. To find a professional in your dad's area, ask his doctor for a referral or visit the Aging Life Care Association's website: [aginglifecare.com](http://aginglifecare.com).

**Do It Yourself.** If your dad needs occasional help, or if you can't afford to use a care manager, here are some things you can do to help him.

1. **Assemble a Support System.** Put together a network of people nearby--family or friends, neighbors, clergy, etc.--who can check on your dad regularly and call on you when necessary for occasional help. Put together a list of reliable services you can call on for household needs, e.g. lawn care, handyman service, plumber, etc.

2. **Tap Local Resources.** Most communities offer a range of free or subsidized services that help seniors with basic needs, such as home delivered meals, transportation, senior companions and more. Call the Area Aging Agency at 800-677-1116 for assistance.

3. **Use Financial Aids.** If your dad needs help with financial chores, arrange for direct deposit of his income sources and set up automatic payments for recurring bills, e.g. utilities, insurance, etc. Or you can set up online banking services for your dad so you can pay bills and monitor his account. If you need help, a daily money manager will help you: [aadmm.com](http://aadmm.com). They charge \$25 to \$100 per hour. Another excellent resource for financial assistance programs to help you dad is: [Benefitscheckup.org](http://Benefitscheckup.org).

4. **Hire in-Home Help.** Depending on your dad's needs, you may need to hire a part-time home-care aide that can help with things like preparing meals, housekeeping, or personal care. Costs can run from \$12 to \$25 per hour. Ask for referrals through your dad's doctor or area hospital discharge planners, or try websites like [Care.com](http://Care.com), [CareLinx.com](http://CareLinx.com), [CareFamily.com](http://CareFamily.com) or [CareSpotter.com](http://CareSpotter.com).

5. **Utilize Technology.** To help you keep tabs on your dad and manage his care from afar, there are various technologies that can help. For example, there are motion sensors, like Silver Mother, and video cameras, [nest.com/camera](http://nest.com/camera), that can help you make sure he is moving around the house normally; computerized pill boxes, like [medminder.com](http://medminder.com), will notify you if he forgets to take his medication; (The balance of this article is found on page 2; please go there.)

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simplified computer tablets, grandpad.net, that provide important face-to-face video calls; and a variety of websites that can help you coordinate care, lotsahelpinghands.com and medical information, reunioncare.com, with other family members.

For more tips, call the National Institute on Aging at: 800-222-2225 and order their free booklet, “Long-Distance Caregiving: Twenty Questions and Answers.” Source: “Savvy Living,” edited by Jim Miller, November 20, 2016.

#### REGISTRATION IS UNDERWAY

The fourth annual Older Adults’ Retreat of the Pacific Southwest Region of the Christian Church (Disciples of Christ) is set for October. The specific dates are Thursday and Friday, October 26 and 27. The retreat will begin in the early afternoon of 10/26 and conclude by early afternoon of 10/27. The site is going to be the same as the one for the 2016 Retreat--the Prince of Peace Abbey located in Oceanside. The Retreat Leader is going to be Karen Berne, whom we were privileged to meet and to hear at the 2016 Retreat. Darwin Mann, Retreat Coordinator, has mailed registration forms to all participants in both the 2016 and 2015 Older Adult Retreats. These forms have also gone out to congregations in the PSW Region. Check with your Pastor to secure a registration form. Don’t delay!

#### SPIRITUALITY & AGING CERTIFICATE PROGRAM--FALL 2017

The New Theological Seminary of the West in partnership with the be.group offers a course “integrating faith and practice for those working with and caring for the older members of our community. The Spirituality and Aging Certificate Program empowers participants with both knowledge and skills to effectively address spiritual needs of older adults where they work, worship or volunteer.

This program includes an orientation retreat, followed by four classes, held on Saturdays from 9 A.M. to 1:30 P.M. These are the dates for this fall and into the early part of 2018.

Orientation Retreat -- September 16, 2017

Aging Defined -- October 21, 2017

Toward a Spirituality of Aging -- November 18, 2017

Aging in Context -- January 20, 2018

Spirituality and Organizational Theory -- February 24, 2018

For more information, call 626-765-9500, or send an e-mail to: [infor@ntswest.org](mailto:infor@ntswest.org).

#### SENIOR GOLFERS: REGISTER NOW!

The 2017 Don Shelton Memorial Golf Classic, sponsored by the PSW Region, is set for Monday, September 18 at the San Dimas Canyon Golf Course in San San Dimas, with an 11 A.M. “shot-gun start.”

Registration brochures were mailed to prior year golfers and to all DOC and UCC congregations on July 17. If you didn’t get one and you want to play in this year’s tournament contact Pat Vannoy, Co-Chairman with Ed Linberg, to request that one be mailed to you. Pat’s e-mail address is: [pvanoy@roadrunner.com](mailto:pvanoy@roadrunner.com). Or, you can contact Donna Woodbridge at: [fullerton1stcc@gmail.com](mailto:fullerton1stcc@gmail.com).

#### FEATURED HYMN

**CHRISTIAN UNITY IS A DISCIPLES’ PLEA. A HYMN, WITH BOTH WORDS AND MUSIC BY JIM STRATDEE ADDRESSES THE CHALLENGE AND DESIRE FOR CHRISTIAN UNITY.**

**“IN LOVING PARTNERSHIP WE COME SEEKING, O GOD, YOUR WILL TO DO. OUR PRAYERS AND ACTIONS NOW RECEIVE, WE FREELY OFFER THEM TO YOU.**

**WE ARE THE HANDS AND FEET OF CHRIST SERVING, BY GRACE, EACH OTHER’S NEED. WE DARE TO RISK AND SACRIFICE WITH TRUTHFUL WORD AND FAITHFUL DEED.**

**LOVING COMMUNITY WE SEEK; YOUR HOPE AND STRENGTH WITHIN US MOVE. THE POOR AND RICH THE STRONG AND WEAK RE BROUGHT TOGETHER IN YOUR LOVE.**

**IN LOVING PARTNERSHIP, O GOD, HELP US YOUR FUTURE TO PROCLAIM. JUSTICE AND PEACE BE OUR DESIRE WE HUMBLY PRAY IN JESUS’ NAME.”**

**JIM STRATHDEE, A WELL-KNOWN CHURCH MUSICIAN, LIVES IN SOUTHERN CALIFORNIA. WITH HIS WIFE, JEAN, THEY HAVE GRACED MANY GATHERINGS OF PSWR DISCIPLES OVER THE YEARS.**

**IT’S #497 IN THE CHALICE HYMNAL.**