

CONNECTIONS

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ALZHEIMER'S DISEASE:

When a Loved One Needs Help Handling Finances

YOUR ONCE-SHARP loved one now struggles to count change correctly and balance a checkbook. There's a pile of unopened bills on the counter.

Problems handling finances can

be an initial sign of Alzheimer's disease, according to the National Institute on Aging (NIA). Difficulty managing money is just one of the changes the disease brings about in a person's life, but it can cause

significant problems.

At first there might not be too much trouble. But as Alzheimer's disease progresses, even someone savvy at figuring dollars and cents can have problems like those above. Other warning signs may include:

- Not being able to understand a bank statement.
- Not paying bills.
- Having a lot of new purchases on a credit card bill.
- Having money missing from accounts.

Worse yet, a decline in the ability to manage money doesn't just make it difficult to perform everyday tasks independently. People who have Alzheimer's disease can also be victims of fraud or financial abuse.

HOW TO HELP. Families of people with Alzheimer's disease often must face challenges together. Helping a loved one handle finances may be one of those challenges.

Consider these suggestions:

Plan ahead. People who are diagnosed with Alzheimer's disease are often encouraged to get their financial affairs in order as soon as they can. They can make legal arrangements to have a family member or trustee handle their finances for them. One way is through a durable power of attorney for finances.

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When a Loved One Needs Help Handling Finances

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Such a document allows your loved one to name someone to make financial decisions on his or her behalf. An attorney can tell you more about this.

Offer help. If you think your loved one is starting to have trouble managing money, you might also try talking about your concerns. Find a gentle way to bring it up.

For example, you might offer to check your loved one's bank statements and other records. Sometimes people with Alzheimer's disease agree to let their loved ones give them

small amounts of cash to have on hand. Or they may decide to lower the spending limit on credit cards or close the credit card accounts.

ADDITIONAL RESOURCES. You can call the Alzheimer's Disease Education and Referral Center at 1-800-438-4380 to learn how to help a loved one with Alzheimer's disease. Or visit the center online at www.nia.nih.gov/alzheimers.

ADDITIONAL SOURCE: AARP

PNEUMONIA

Who Needs the Shot?

VACCINES CAN PREVENT many illnesses. Some of those vaccines—like the one for the flu—are well-known.

But others—like the pneumococcal vaccine—don't seem to get the same attention. This vaccine helps prevent pneumonia. You and your family may be among those who should get the shot.

A BAD BUG. Like the flu, pneumonia can make you very sick. It causes the air sacs in your lungs to fill with pus and liquid. That makes it hard for oxygen to get into your bloodstream and for your body's cells to work the way they should. In some cases, pneumonia can lead to death.

Very young children and older adults are at greatest risk of getting pneumonia. People with chronic health problems and weak immune systems are also at great risk.

STAYING SAFE. There are two pneumonia vaccines.

One is for children younger than 5 years old, all adults 65 years or older, and people 6 years or older with certain risk factors.

Most people get this vaccine in four

doses starting when they're 2 months old. They get the last dose when they're between 12 and 15 months old.

Children younger than 5 years who didn't get the vaccine on schedule can still be protected. They won't need four doses, though.

The second type of pneumonia vaccine is for adults 65 and older and for people 2 through 64 years old who are at high risk for pneumococcal disease.

Adults who should get it include those who:

- Have long-term health problems, such as heart or lung disease, asthma, or diabetes.
- Would have a hard time fighting an infection because of illness or its treatment.
- Smoke.
- Live in a nursing home or long-term care facility.

Most people need only one dose of this pneumonia vaccine. Some people, though, will need a second dose. If so, you get it five years after the first one.

Both pneumonia vaccines are considered very safe. Side effects may include pain or redness at the site of the shot and a fever.



ARE YOU PROTECTED? Talk to your doctor to learn more. Ask if or when you or your loved ones should get this vaccination.

SOURCES: AMERICAN LUNG ASSOCIATION; CENTERS FOR DISEASE CONTROL AND PREVENTION; IMMUNIZATION ACTION COALITION



Donate Life

RIGHT NOW nearly 20,000 Californians are waiting for an organ transplant. An organ and tissue donor may save or enhance as many as 50 lives. All major religions support donation as an unselfish act of charity.

HERE ARE SOME OTHER FACTS:

■ People of all ages and medical histories are potential donors. Medical condition at the time of death determines what can be donated.

■ There is no cost to the donor's family or estate for donation.

■ Donated organs restore life. Tissue may replace bone, tendons and ligaments. Corneas restore sight. Skin grafts help heal burn patients.

To sign up to be a donor, go to www.donatelifecalifornia.org. Personal information will be kept secure and confidential. To learn more, call 1-866-797-2366.

If you decide to be a donor, be sure to tell your family and friends.

California
Transplant
Donor
Network



For more information about how **ON LOK LIFEWAYS** can help you or a loved one, call 1-888-886-6565 or visit our website, www.onlok.org.

This information comes from a wide range of experts. For questions about your own health, contact your doctor. Models may be used in photos and illustrations. ♦ To stop receiving this newsletter, please call 415-292-8752.

HOW TO REACH US

ON LOK LIFEWAYS PACE CENTERS

San Francisco locations:

- 225 30th St.
- 1333 Bush St.
- 3575 Geary Blvd.
- 1441 Powell St.

East Bay locations:

- 159 Washington Blvd., Fremont
- 3683 Peralta Blvd., Fremont

South Bay location:

- 299 Stockton Ave., San Jose

ALTERNATIVE CARE SETTINGS

South Bay locations:

- **On Lok East San Jose Center**
130 N. Jackson Ave., San Jose
- **Avenidas Rose Kleiner Center**
270 Escuela Ave., Mountain View
- **Respite & Research for Alzheimer's Disease**
2380 Enborg Lane, San Jose

Enrollment

1-888-886-6565

For people with hearing impairments

TTY: **415-292-8898**

Email: info@onlok.org

Website: www.onlok.org