Caring for a senior can present difficult challenges to the caregiver; especially if a crisis hits and you’re faced suddenly with this responsibility. Whether you are alone in this role or whether you are the key person in a network of family and friends, caring for a loved one can prove to be an extremely difficult situation.

Eldercare can include a wide range of services you provide over an extended period of time to a parent, spouse, partner, relative or close friend, to help them perform normal activities of daily living. The need can arise suddenly as the result of an unexpected illness or injury, or with warning signs indicating a need for eldercare support which can gradually increase over time.

Many of us, including seniors, will be called upon to care for a loved one at some point. With life expectancies increasing, it is likely that we could spend more years caring for elderly relatives or friends than we did raising our children. You may wonder how will you manage it all and still maintain a life of your own.

Caregiving can be very complex and overwhelming. Finding resources and making well informed decisions is no easy task. If your elderly loved one is capable, it is important to involve them in discussions related to their future. From the outset they may be reluctant, but it’s important to have these discussions now. Talk about their fears and your fears, and make the necessary preparations.

Determine who will be the principal caregiver and determine the roles of other relatives and friends. Open and honest communication between the caregiver, the family members, and the elderly person is extremely important.

Discussions should include financial and legal issues. Determine the person’s financial situation, a list of their assets and debts, sources of income, and where the financial documents and accounts are located. Review medical and prescription drug coverage to determine if it is adequate. If there is an existing long-term care insurance policy, determine what is covered. Determine what other insurance policies may exist, the coverage and location of the policies. Know who the eldercare attorney is, and if there is not one, determine if one should be consulted.

Consider the options available for living arrangements in the event the elderly person is not able to continue to live alone. Explore housing options and their feasibility; e.g., short-term and long-term assisted living facilities, nursing facilities, personal care facilities, senior housing or shared housing options.

Know the general status of the elder’s health. Keep an updated document that outlines past medical history, insurance coverage information, prescription and over-the-counter drug medications being

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taken, the names and contact information for their family doctor and pharmacist, and any other pertinent health information. (Tip: Call Health Advocate for eldercare medical assistance at 1-866-695-8622, toll-free.)

While death and funeral arrangements are not pleasant topics, it’s important to know the elder person’s wishes, and to know of any existing preparations already in place. These can include pre-paid funeral expenses, specific funeral wishes, the funeral home, viewing instructions, and burial location.

There is one thing for certain, time marches on and we are all aging; it’s inevitable. This article has outlined some important first steps to consider. For your peace of mind, consider beginning these discussions in advance of a need. Early discussions and planning can help to avoid legal and financial issues down the road. This might also be a good time to start considering your own personal situation and do some planning yourself. And remember to enjoy the time you have been given with your loved one.

On May 18 we will be bringing back, by request, the eldercare panel discussion. Details follow:

Learn at Lunch
Eldercare, Peace of Mind for You and Your Family
Tuesday, May 18
11:30 a.m.-1:00 p.m.
Location: Room 560, Case-Geyer

Dr. Miller, director of student health services, facilitates a panel discussion on eldercare issues that include: advance directives (Living Will, Power of Attorney, Health Care Proxy), home care, assisted living options, financial planning and medical issues faced by our elderly family and friends. The panel includes experts on eldercare issues: social workers, a physician, a lawyer, and a representative from the Office for the Aging. Lunch will be provided. Please bring your own travel cup/mug for beverages.

Panel Members:
Dr. Richard S. Cohen, M.D., Medical Director, Skilled Nursing Facility, Community Memorial Hospital
Alice Jacobs, Director of Social Services, Community Memorial Hospital
Christopher Kendall, Attorney At Law, Hamilton, NY
Nancy O’Neill, Director of Social Services and Admissions, Crouse Community Center, Morrisville, NY
Teresa Davis, Director, Madison County Office for the Aging

Online registration required; space is limited.
Priority will be given to those attending for the first time.

To register click here

Caregiving - Facts to know

• Most of those who need a caregiver are older; 80 percent are over 50. And according to a survey done by AARP and The National Alliance for Caregiving, 43% of caregivers are over 50 themselves.

• If your relative suffers from dementia, try to plan most of the activities earlier in the day. As the day wears on, dementia patients often become fatigued and may become more difficult, confused and angry. This phenomenon is called the “sundown syndrome.”

• The chronic stress of caregiving can affect the caregiver’s health.

• Falls are a common cause of injury among older people. Some falls can be prevented by monitoring medication and continuing to help your relative work on muscle strength and balance.

• Elder-law attorneys handle legal issues affecting the elderly, including powers of attorney, estate planning, Medicare and Medicaid issues, insurance disputes, fraud cases and similar issues.

• Powers of attorney must be executed while the individual is still competent.

• The care recipient should be given as much autonomy as possible.

• Adult day services, respite programs and short-term institutionalization offer needed breaks from caregiving responsibilities.

• Medicaid may cover the costs of long-term nursing home care if your relative has no other resources; Medicare coverage is usually limited to the first few weeks of medically necessary care and does not pay for support services for activities of daily living like dressing, bathing, and using the bathroom.

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Weight Watchers at Work registration

When: Tuesday, May 11 at 4:45 p.m.
Cost: $186 (or $10.94 per week)
Where: Wooster Room, Huntington Gym
Free: e-Tools with registration (a value of $12.95 month)

The Weight Watchers at Work program has been active on campus since January 2008. There are many employee successes, with several members reaching and maintaining their healthy goal weight.

The program is designed to assist in weight loss through a nutrition program and weekly group meetings. Information on menus, nutrition, exercise, and behavior modification is provided by a trained consultant.

Pay by credit card or by check made payable to “Weight Watchers.” Pay in full or you may provide three checks dated May 11 in the amount of $62 with deposits being made on May 11, June and July.

A minimum of 20 participants is required. This program is open to all, so please feel free to share this announcement with family and friends.

Visit www.weightwatchers.com for more information or call x7411 with questions.
Getting the Lead Out – Do It Right and Safely!

by: Michael Gladle

Did you know childhood lead poisoning remains a major environmental health problem in the United States? Are you aware lead is more dangerous to young children than adults? Why is that? Before these questions can be answered, you need to have some preliminary background information as well as an understanding of routes of exposure. Prior to 1978, lead was added to paint to essentially improve its durability as well as other characteristics. As the paint aged it peeled, flaked or if it was applied to friction points such as window guides/door and door frames, paint dust would be generated and contaminate surfaces.

Babies and young children are more apt to put their contaminated hands or objects in their mouths or eat paint chips and/or contaminated soil. Ingestion is one of the two primary routes of exposure for lead; the other being inhalation. Since children’s bodies are rapidly developing, they absorb lead at a greater rate. If not detected early, children with high levels of lead in their bodies can suffer damage to the brain and central nervous system causing learning and behavioral problems as well as other health related issues.

Adults are not exempt from the effects of lead exposure either. Exposure to lead can lead to reproductive problems (in both men and women), high blood pressure, nervous disorders, memory and concentration problems as well as other issues. Other than occupational exposures, the primary contact with lead will be older dwellings and buildings painted with lead-based paint that are allowed to deteriorate or are being renovated.

Common renovation activities like sanding, cutting, and demolition can create hazardous lead dust and chips by disturbing lead-based paint. To help protect against the risk of being exposed to lead, EPA issued the Lead Renovation, Repair and Painting Program Rule and other actions aimed at preventing lead poisoning. Under the rule, which became effective on April 22, 2010, contractors performing renovation, repair and painting projects that disturb lead-based paint in homes, child care facilities, and schools built before 1978 are required to be certified and must follow specific work practices to prevent lead contamination.

Protect your family. If you own an older home, test the surfaces for lead prior to disturbing, and if found to be present make sure you follow lead-safe work practices when affecting those materials. If you rent or lease an older dwelling, ask your landlord for information on locations of any known lead-based paint. If you or your landlord hires a contractor and they will impact coated materials, make sure they are Lead-Safe Certified. You can find such firms by accessing this website http://cfpub.epa.gov/lfpp/searchrrp_firm.htm. For additional information on lead and testing go to http://www.epa.gov/lead.

Source: EPA (http://www.epa.gov/lead)

It’s not too late to sign up for the bus trip to New York City

You’re invited to join the Colgate community on a one day bus trip to New York City!

When: Saturday, June 19
Cost: $40 per person.
For trip details click here
For the sign up sheet click here

Alumni Office News

Maroon Citations
Congratulations to Carol Baker, Gift Records Associate and Dick Biddle, Head Football Coach. They have been selected by the Alumni Council to receive Maroon Citations this year. This special award is given in grateful recognition for significant and invaluable contributions to Colgate University and our alumni. They will be honored at the Awards Ceremony during Reunion Weekend on Friday, June 4 at 8:00 p.m. in the Chapel.

Distinguished Teaching Award
Each year the Alumni Council recognizes, on behalf of all Colgate alumni, outstanding teachers at the university. They will also be honored during Reunion Weekend. I am pleased to announce this year’s recipients: Kenneth Belanger, G. Kirk Raab ’59 Associate Professor of Biology and Karen Harpp, Associate Professor of Geology.

Alumni Weekend
We will welcome over 2,000 alumni and friends to campus for Reunion ’10, June 3 - 6. This event places extensive demands on the Colgate community and we are grateful for the support we receive from so many of you. Thank you for helping us make this important event so successful. We hope you have the opportunity to see old friends during the weekend.

RuthAnn Loveless MA’72
Vice President for Alumni Affairs

Individual retirement counseling sessions
Fidelity Investments and TIAA-CREF representatives will be on-campus to provide individual counseling sessions throughout the spring. These individual meetings provide you the opportunity to examine your fund selection, discuss how to achieve your financial goals, and review your retirement income options with a retirement counselor. All meetings will be held in the human resources conference room.

Fidelity appointments can be scheduled online at www.fidelity.com/atwork/reservations or by calling 1-800-642-7131
TIAA-CREF appointments can be scheduled online at www.tiaa-cref.org/events or by calling Kelly Dickey at 607-274-6451
NEW HIRES
Jeffrey Corbin accepted the locksmith position, facilities, effective April 19. Jeff was formerly employed as a telecommunications technician with the Oneida Indian Nation.

David Schirripa was hired as project manager, facilities, effective March 29. He has been employed as a project manager with various general contractors and as chief estimator for Sargent, Webster, Crenshaw, & Foley. He received his bachelor’s degree from Utica College of Syracuse University. David and his wife Silvana have two children: Natale and Reggina.

PROMOTIONS
Aurelius Henderson was promoted to assistant dean and adviser for opportunity programs effective April 1.

MAY ANNIVERSARIES

**25 Years**
- Gary Bunting-Facilities
- Julie Curry-Financial Aid
- Delphine Foster-Facilities
- Dick McNamara-Facilities
- Dave Turner-ITS

**20 Years**
- Pauline Schambach-Facilities

**10 Years**
- Clayton Eaves-Facilities
- Sharon Hitchcock-Advancement

**5 Years**
- Domenic Bertoni-Athletics
- Sonja Jantzen-Facilities
- June Owen-Facilities

Health Advocate can help
Health Advocate provides help and assistance across virtually all healthcare and insurance related issues --- medical, dental, pharmacy and related healthcare needs.

**Clinical Services:** They help find physicians, hospitals and other healthcare providers; locate Centers of Excellence; schedule appointments; and help coordinate medical needs.

**Administrative Services:** They assist with claims and billing issues, fee negotiations, coverage and benefit issues.

**Health Coaching:** They help prepare members for their physician visits and help them better understand their chronic conditions so they become active participants in the management of their health.

**Information and Service Support:** They provide assistance finding information and resources, for example available senior care and treatment options.

For assistance call Health Advocate at 1-866-695-8622 (toll-free).
http://www.healthadvocate.com/

POSITION VACANCIES

Administrative Assistant, Special Events
Admission Counselor/Assistant Dean of Admission (2 positions)
Alumni Records Assistant
Assistant Director of Alumni Affairs
Assistant Director for LGBTQ and CLSI
Athletics Event Staff (pt - no benefits)
Campus Safety Officer/Dispatcher (pt - no benefits)
Director of the Annual Fund
Gift Records Assistant
Outreach/Programming Coordinator, ALANA (10-month position)
Outreach/Programming Coordinator, Career Services
Staff Nurse (per diem)
Summer—various postings
Temporary—various postings

For complete information on position vacancies and to submit an application visit our website at:
https://careers.colgate.edu

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BIRTH ANNOUNCEMENTS
Rebecca and Jake Brenner welcomed son Zachary Sky (5 lbs. 11 oz., 19” long) and daughter Sally Meadow (6 lbs. 4 oz., 19” long) on March 12. They join big brother Morgan, 4. Jake is a visiting assistant professor in geography.

Jeff and Sarah Marcellus welcomed Kevin Matthew (7 lbs., 20 1/2” long) on April 24. Sarah is administrative assistant, physics and astronomy.