



Pathways for Aging Newsletter

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Westward Ho! Expanded Services in St. Charles County

Martha Kampen, Marketing Director

It is no secret that the St. Louis metro area continues to expand beyond our two rivers. As our population grows, so does Pathways for Aging. And where older adults go, so goes Pathways for Aging. Recently Pathways for Aging has expanded our service offering to counties in Illinois, as well as St. Charles County.

Our recent census tells us that St. Charles County continues to be one of the state's fastest growing areas. This is especially true for

adults age 62 and older. Though the age breakdown is not yet published from the 2010 Census, estimates tell us that St. Charles County's population has increased 27 percent since the year 2000. Those who live in St. Charles County know well that parents are following their adult children out to this thriving county from throughout St. Louis to be closer to their grandchildren.

Gina Schuster, one of Pathways for Aging's newer Social Workers, knows of this westward expansion from personal experience. Gina moved to St. Charles County when she was in the fifth grade, and now lives in O'Fallon with her two young children. According to Gina, "St. Charles County is not the 'country' anymore; it is a thriving, self-sufficient community with lots of activities and low-cost options for our family."

Gina enjoys spending time on and off the job with older adults. She counsels them by day, whether in their private home or in a skilled nursing home, then brings her kids back for fun community events offered by those same facilities. Her children enjoy Easter Egg Hunts and Fourth of July celebrations shared with the senior adults Gina cares for by day.

Gina and all the Pathways for Aging Social Workers who work in and around St. Charles County agree that helping older adults cope & adjust to the various losses of aging, and regain a positive perspective is rewarding and valuable. As our population continues to grow and expand, Pathways for Aging will continue to be there to help and support families age well.

Pathways for Aging

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Pathways for Aging welcomes New Social Workers! Gina Schuster and Erin Reynolds!

Gina Schuster, MSW, LCSW joined the Pathways for Aging team in 2011. Gina earned her masters degree in social work from St. Louis University and has more than 10 years experience in the social work field. Gina is a licensed clinical social worker in the state of Missouri and has provided crisis intervention, counseling, and community resource referrals to her clients in various settings. She started her career as a social worker at Barnes Jewish Hospital where she worked with cancer patients and facilitated a cancer support group. She relocated to Yuma, AZ temporarily and worked in a hospital, as a home healthcare social worker, and in hospice. Upon returning to the St. Louis area, Gina joined the SSM Hospital system and works with clients ranging in age from infancy to late life.



Erin Reynolds, MA in SSA, LCSW joined the Pathways for Aging team in 2011. Erin brings over ten years of experience working with individuals and families at every stage of life. Her background includes therapy with children in schools, homes and residential placement settings, provision of medical social work services for individuals with disabilities, crisis intervention, domestic violence and substance abuse counseling as well as services provided through her private practice. Erin earned her Masters Degree in Social Service Administration (equivalent to a Masters' degree Social Work) from The University of Chicago and is a licensed clinical social worker and a proud member of the National Associate of Social Workers - Missouri

Dying with Dignity - Whose Death Is It, Anyway?

by Jeannie Krause-Taylor

"How will you or a loved one die?"

This report examines some of the most common challenges with end-of-life issues. It explains the three main legal documents and how end-of-life decisions are made. It includes a checklist of what to consider and how to create your own Action Plan. It also includes eleven ways to be an advocate for yourself or a loved one and resolve conflicts in healthcare decision-making.

Available: <http://www.pathwaysforaging.com/books>

\$14.95



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TOP NEWS:

AGING, CAREGIVING & MENTAL HEALTH

[Laughing Helps Caregiver Well-Being - Aging-Care.com](#)

For caregivers, laughter might be the best medicine. Laughing in even the grimmest situations is good for you, both mentally and physically. The trick is to learn how to laugh even when you don't feel like it.

[The Myth of Closure: We Can Heal Without It - Grief & Bereavement Issues](#)

We are brainwashed by television and movies at a very young age that there is a glorious, happy ending at the end of every story. This phenomenon instructs us that our lives should always include happy endings. We are taught that anything less than total fulfillment and smiles all around amounts to dismal failure.

[A Better Way to Help With Medical Decisions](#)

A Long Island nurse has a great idea: an enhanced health care proxy for aging but competent parents. This is a personal story from one daughter on caring for her mother and helping her make her own healthcare decisions.

[100-Year-Old Dorothy Custer, Part 1](#)

Dorothy Custer, a one hundred year old woman and great example of positive Aging, has some great stories and advice to share with Jay Leno and the rest of us!

[Good News, and Bad, About Community Services](#)

Local governments are struggling to maintain community services for the elderly, according to a recent report.

[Survey: Most Baby Boomers lack a plan to care for parents - USATODAY.com](#)

A survey of 600 adults shows a majority say they are likely to become caregivers, but only half can name any medications their parents take.

[Artwork From Experienced Hands](#)

A gallery in Portland, OR, provides an outlet for older artists. "There are so many older artists who found their passion after they retired," said Ms. Henderson, probably one of the world's few interior designer-turned-gerontologists. "They're talented. They want to show their work and be appreciated."

Read hundreds of articles, stories, research and more on the [Pathways for Aging Facebook Page](#) and [@Pathways4Aging on Twitter](#).

NEW POSTS DAILY!



[Pathways for Aging with Jeannie Krause-Taylor](#)



[follow @Pathways4Aging](#)

Add Pathways for Aging to your Facebook and Twitter feeds for information on aging, mental health, support for older and disabled adults, caregiver guidance, links to articles and video, and a discussion about issues important to you.!

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The Importance of Geriatric Care Management: How one Family Thrives

by Jeannie Krause-Taylor, Founder & Social Worker



People often ask us: “*what does a Geriatric Care Manager do?*” We typically respond with a list of the tasks and services we provide, such as:

WE HELP ADULTS THRIVE & AGE POSITIVELY!

Sometimes families just need an objective, knowledgeable, and experienced professional to help navigate the changes that come with aging. We provide in-home Assessments as well as ongoing Care Management providing appropriate solutions and help with decision-making for Older Adults and their Families. This may be during a time of

challenging decision or on an on-going basis. We are focused on the emotional and mental health of the entire family helping caregivers make informed choices through life transitions. We specialize in complex family issues providing families with the best options for their unique situation that is within their means.

In late 2008, I wrote an article describing one of my clients, what I did for him, and how I saw his quality of life improve. Pathways for Aging has grown significantly and had many changes since I wrote that article, but one thing that has not changed, is how much we value our clients and the care we provide to each client and family. So, I want to share with you another story and the impact of our services.

Edward* is in his mid-80s and suffers from Alzheimer’s disease. He is divorced and at one time ran a large corporation. Edward has two adult children; one lives out of the country and the other is running the family business. His family is committed to him remaining in his home as long as possible. When they contacted Pathways for Aging in mid 2010, Edward was living alone, attended a nearby adult day program, and his family had just hired a home care company to provide private duty caregivers a few hours per day.

Continued on pages 4 & 5

How We Can Help: Geriatric Care Management

Pathways for Aging provides case management that includes:

- Customized information** about community resources to meet the needs of your loved one
- Peace of mind** if you are separated by geography or a trip
- Someone to act as your eyes and ears** and troubleshoot a problem before it becomes a crisis
- A supportive advocate** with life-altering decisions impacting quality-of-life, such as medical & housing decisions
- Assistance** in managing paperwork, insurance claims and benefits
- Professional help** with strained family relationships & negotiating difficult decisions

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The Importance of Care Management

(continued from page 3)

The family was considering placing Edward in Assisted Living at the time of the referral but preferred to support him at home. His daughter had been in town for a month but had to return home to her family and was very worried about how things would go after she left. She could see that her brother had more than he could handle with the family business and his own family, and that despite all the services she had in place, there was no one to oversee things and to make sure that everything went as planned, as she had worked so hard to arrange for her father.

The assisted living facility could see that the family was not ready to place Edward, and suggested Geriatric Care Management for them. After Edward's daughter called Pathways for Aging, I sent one of our social workers to meet with the daughter and discuss the situation. Our social worker readily agreed that Edward and his family could benefit from her oversight, expertise and guidance during this difficult situation.

Our social worker completed her assessment and made recommendations; she and Edward's family collaborated and agreed on a plan of care. The Pathways for Aging social worker began seeing Edward one to two times each week at first to check on how things were going. She also collaborated with the staff at the Day Program, Edward's physician, the caregivers coming to his home, and their supervisors at the agency. Our social worker provided weekly reports of her activities to Edward's son and daughter.

Over time, Edward's Alzheimer's progressed. Our social worker and the family determined the need to increase the level of private duty care for Edward. Eventually, Edward withdrew from adult day care as his sleeping habits changed, and it became increasingly difficult to get him up and ready to leave the house. Our social worker spent time educating the family about what was happening to Edward as his disease progressed, and her level of involvement increased, as did the number of hours of private duty care.

Continued on pages 5

How We Can Help: Therapy & Counseling

Many **older adults** find the changes and losses they experience difficult to cope with, especially if they transition to new living arrangements. Therapists serve as supportive listeners who work with individuals to navigate their new roles and the emotions that come with these transitions. Counseling addresses a variety of concerns and symptoms, always respecting the unique needs of each person.

Therapists help **caregivers** work through their own emotions so that they have the energy and ability to care for their loved ones. **Private Insurance or Employee Benefit Programs may help cover the cost** of caregiver counseling.

We provide services on site in the client's home or facility so transportation is never a problem. We can also serve caregivers or older adults at our Creve Coeur office. **For those with Medicare and a Part B supplement, therapy often has no cost or a small co-payment.** Pathways for Aging is able to bill Medicare and other insurance providers directly.



The Importance of Care Management

(continued from pages 3-4)

At this point, Edward requires 24 hours per day supervision. Our social worker assisted the agency and family in selecting caregivers who could meet this need. She continues to provide comprehensive oversight, collaboration with the agency, consultations with his physician, support and accompaniment to medical appointments, and regular communication with Edward's family to maintain him in his home.

Edward's family assures us that this is what Edward would want, and they are most appreciative of our social worker's efforts to assist them and Edward in meeting their goal. And that meets our goal – to help our clients to have the best possible quality of life and to lift, as much as possible, the *burden* of care from our families, enabling them to enjoy and savor their time with their aging loved one.

Jeannie Krause-Taylor, MSW, LCSW, C-ASWCM founded Pathways for Aging in 2004 after more than 20 years of experience as a professional social worker because she has seen the strain, frustration, and feelings of helplessness experienced by older adults, families and caregivers as they struggle with difficult changes in their roles and life-altering decisions. Jeannie's previous experience includes serving as the social work manager for Barnes-Jewish Hospital, case manager supervisor with the St. Louis Regional Center, and in disability services. Jeannie has also served as an Adjunct Faculty Member at Washington University in Saint Louis, where she instructed social work students seeking their Masters Degree.

Active in the community and with professional organizations, Jeannie has served as an officer on the Board of the Gateway Chapter of the Older Women's League (OWL) and is the current President of the Board of Directors for Housing Options Provided for the Elderly (HOPE). She is also a member of the National Association of Professional Geriatric Care Managers (NAPGCM) and the National Association of Social Workers (NASW). She served several terms on the Board of Directors for the Missouri Chapter of NASW.

*Names and identifying information have been changed to preserve confidentiality.

Questions to Ask about an Aging Loved One

1. ***Is their current living environment the safest and most appropriate for them?***
[] Yes [] No [] Unsure
2. ***Is your loved one regularly sad, angry, anxious or fearful?***
[] Yes [] No [] Unsure
3. ***Are you sure they are taking their medications and nutrition as directed?***
[] Yes [] No [] Unsure
4. ***Have your family dynamics become more strained as your loved one continues to age?***
[] Yes [] No [] Unsure
5. ***Could your relative benefit from someone helping to sort through decisions and issues of concern?***
[] Yes [] No [] Unsure

If you answered "Yes" to any of these questions, please contact our office. You or your loved one may benefit from our weekly in-home counseling program (typically covered by traditional Medicare) or our more intensive Geriatric Care Management program that provides short-term or on-going support.

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Pathways for Aging Newsletter

COMMUNITY EDUCATION PRESENTATIONS

Pathways for Aging offers preventative programs to promote emotional wellness and positive aging. Our social workers offer presentations on the following topics for older adults, caregivers, agency staff, family members, or a combination of audiences on site at your location.

What is Happening to my Parents? Tips & Advice for Adult Children on identifying specific issues, communication techniques, support on “what to do next,” and tools for how to care for your aging loved ones

Improving Emotional Well-Being & Mental Health discusses why having good mental health helps people lead better lives and age positively. This presentation offers strategies to avoid and cope with stress, depression, anxiety, and other mental health issues.

Age as an Asset debunks stereotypes and myths about aging, and helps older adults recognize their wisdom and experience as the gift of later adulthood

Caregiver Issues discusses how to avoid severe stress and burnout when you are taking care of others by examining the issues you should be aware of when caring for an older loved one. We discuss what you can do for them as a caregiver, & what you should be concerned about for yourself to avoid burnout.

Using Reminiscence & Life Review provides tools for reflecting on our lives, including struggles and successes, to help older adults live well and excel in their lives today.

Strengthening your Mother-Daughter Bond No relationship seems to be more complex or challenged than that of an aging Mother and her Adult Daughter. This presentation offers tips for stress management, creating support systems, and practical techniques for developing insight, empathy and respect for each other.

End-of-Life Decision-Making & Medical Ethics gives an overview of bioethics and how it relates to end of life decision making, making difficult decisions such as withholding and withdrawing treatment, quality of life concerns, euthanasia, assessing decisional capacity, surrogate decision making, and the role of religion and culture.

We are also able to create presentation topics specifically for your organization. Contact us to discuss dates and topics by calling 314.395.7560 or emailing:



Feel GOOD about AGING!

A Workshop designed for Adults who want to make the most out of their Life.

Tuesday, Sept. 20th

11:00am – 1:00pm

Presented by Jeannie Krause-Taylor at the Pathways for Aging Office

Register by August 30 at \$22.50

Or by September 18 at \$28.50

Seating is Limited. R.S.V.P. By calling 314.395.7560

Therapy & Counseling for Older Adults & Caregivers |
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KNOW THE COMMON SYMPTOMS OF DEPRESSION

It is important to know and recognize these Common Symptoms of Depression from the National Institute of Mental Health:



- **Persistent feelings of sadness, anxiety or emptiness**
- **Decreased energy and fatigue**
- **Loss of interest in activities once enjoyed**
- **Feelings of hopelessness or pessimism**
- **Difficulty concentrating or decision-making**
- **Insomnia, recurrent awakening, nightmares, or oversleeping**
- **Marked change in appetite**
- **Feelings of guilt or worthlessness**
- **Recurrent thoughts of or obsession with death or suicide**
- **Restlessness or irritability**
- **Persistent physical ailments which do not respond to treatment**

Symptoms in older adults may differ somewhat from symptoms in other populations. Depression in older people may also be characterized by:

- **Memory Problems**
- **Confusion**
- **Social Withdrawal**
- **Loss of Appetite**
- **Inability to Sleep**
- **Irritability**

(Symptoms in Older adults from National Alliance for the Mentally Ill)

Meet Our Staff

Jeannie Krause-Taylor, MSW, LCSW,
C-ASWCM, *Founder*
 Kristin Draeger, MSW, BSN, LCSW
 Yvonne Fallert, MSW, LCSW, ACSW
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 June Soule, MSW, LCSW
 Paul Contreras-Chandler, CPC, *Office Manager*
www.pathwaysforaging.com/about

CONTACT US

Call or [email](mailto:contactus@pathwaysforaging.com) us today if you, an older friend, family member, neighbor, or client needs help. We also help caregivers with decision-making, support, guidance and counseling. Visit our [website](http://www.pathwaysforaging.com) to [learn more about all of our social workers](#) and more information about our services. to read about current issues of aging, mental health, and therapy on our [Facebook](#) page and [Twitter](#).

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