

ALPHA

HOME HEALTH & HOSPICE

We welcome the Gentle Care patients into the Alpha Family of Care. Gentle is now part of Alpha Home Health & Hospice.

The Challenge of Being a Caregiver

There is an art to providing care for a loved one. The demands of being a Caregiver can take a toll on any of us in that challenging role. We at Alpha Home Health & Hospice are aware of these stresses that may disturb a Caregiver's appetite, sleep, concentration, focus and sense of well being. There may be a change in our mood, we may become easily disturbed and impatient with those we love. We may find ourselves being less involved with our normal circle of friends and isolating socially. These are common signs that providing care for a loved one is impacting your ability to function.

Getting involved in a caregiver support group can be helpful to learn coping mechanisms. Finding a professional that can help you investigate the emotional price you are paying for caring for a loved one may be beneficial. Exploring ways that the load can be spread among family members can be of very much assistance. Don't forget to take care of yourself – get enough rest, eat properly and find a way to get some exercise. All or some of these may help you manage the stress. Some find meditation helpful; this may or may not include a massage to calm the soul. Don't forget that you were a totally functioning individual before you took on the role of Caregiver, so don't forget your hobbies, interests and activities that charged your batteries before your role in the relationship changed.

Alpha knows the burden of being in this role and knows that the burden can be great. Bill Cox has written a piece titled "THE PRAYER OF THE LOAD LIFTER" (he believes Caregivers are Load Lifters) and it ends with these words: "I whisper (a prayer) for the insight, knowledge, awareness, and comprehension that I wish I had. I whisper for compassion to guide my actions when I know not what to say nor what to do." As a Caregiver we should do our best to take care of ourselves, also you don't have to do it alone and you need to make sure you seek and ask for help before being consumed by providing care for a loved one. Remember, the best way to be an effective Caregiver is to take care of yourself.

Come visit us on the internet at www.alpha-hh-hospice.com. There is a wealth of information on this site. You will find articles, our newsletters, and other material to answer your questions.



Bill Cox

Bill Cox is our Social Worker, Spiritual Counselor, Bereavement Coordinator, Web Design Assistant/ Photographer. Bill is a great blend of many things, but what he is well known for is taking the most beautiful scenery pictures. We asked Bill some questions, and he said "I grew up in Idaho Falls, my favorite hobby is hiking, my favorite food is anything that does not have a lot of spice, and the place I would most want to travel in the whole world is New Zealand, the photos I've seen show an incredible landscape, I would love to go hiking there. Bill also enjoys music with brass in it, he looks for books that are inspiring, and he loves to be stimulated by great ideas.

We would like to congratulate Bill and let him know he is appreciated for his outstanding work!

PROPER DISPOSAL OF OLD MEDICATIONS

A recent surgery has left me with some pain medication that I need to dispose of. Maybe you have expired prescriptions or other pharmaceuticals that need to be disposed of also. What is the proper procedure to follow?

First of all **don't flush it down the toilet or put it down the sink**. Our waste disposal systems are not designed to keep our modern medicine out of our lakes and streams.

First, check with your police department to see if they have a drug collection program. Police departments in fourteen counties have established a proper disposal program. Go to the web site www.medicationdisposal.utah.gov/permanentsites.htm to locate the permanent community collection site near you.

Second, check to see if your community household hazardous waste program collects medications (they must have law enforcement officials present) or if your community is holding a Clean Out Your Medicine Cabinet event;

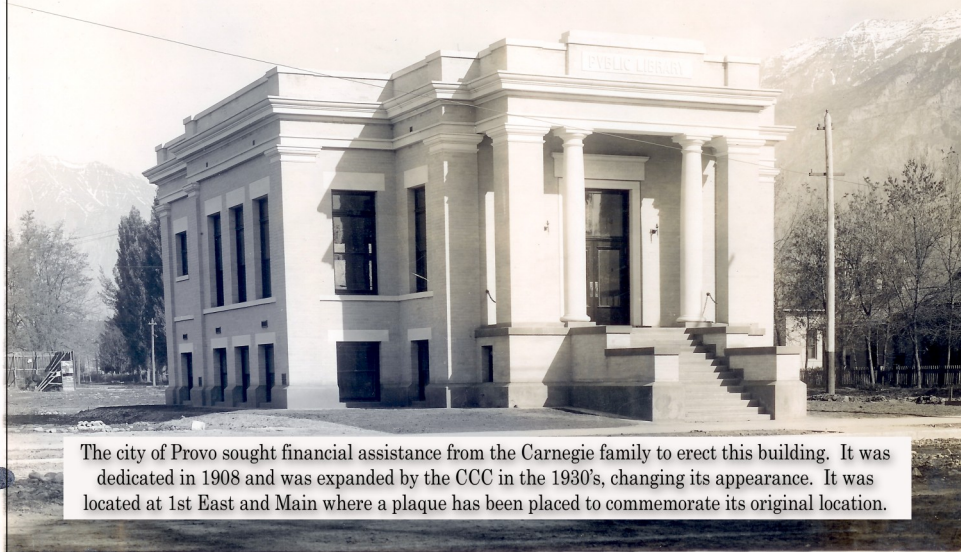
Lastly, if no collection options exist, follow these steps:

- Remove all personal identification from prescription bottles;
- Mix all unused drugs with coffee grounds, kitty litter, or another undesirable substance, and/or
- Place this mixture in a sealed container before disposing in the trash.

(Source: <http://www.medicationdisposal.utah.gov/>)

Memory Lane

Provo Library Dedicated in 1908



The city of Provo sought financial assistance from the Carnegie family to erect this building. It was dedicated in 1908 and was expanded by the CCC in the 1930's, changing its appearance. It was located at 1st East and Main where a plaque has been placed to commemorate its original location.

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Happy Holiday's!!

It's almost that time of year to celebrate with our loved ones. It's a time for fun, renewing relationships, and enjoying each other's company. Alpha Home Health & Hospice would like to wish everyone Happy Holidays!!

