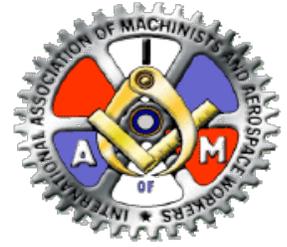




# HELPING HANDS



## Caregivers

(excerpts from medlineplus.gov)

A caregiver is someone who gives basic care to a person who has a chronic medical or mental health condition. Some examples of chronic conditions are cancer, effects of stroke, multiple sclerosis, arthritis, diabetes, Alzheimer's disease, and other forms of dementia. A chronic condition is an illness that lasts for a long time or doesn't go away. A caregiver helps with preparing and eating food, taking medicine, bathing, and dressing. Much of the time, a caregiver is a family member.

Caregivers provide help to another person in need. The person receiving care may be an adult - often a parent or a spouse - or a child with special medical needs. Caregiving is hard, and caregivers of chronically ill people often feel stress. They are "on call" 24 hours a day, 7 days a week.

### Path to improved well being

Being a caregiver can take a physical and emotional toll. But there are things that can help. Make wellness a priority. It is not unusual to feel like you have to "do it all. It is important to take care of yourself. This keeps you healthy so you can help others.

Some things you can do to care for yourself include:

Eat healthy. Don't rush through the day with fast food and packaged food. If you are cooking healthy meals for your loved one, you might be able to share. If you don't have time to cook for yourself, keep healthy snacks around. This includes nuts, peanut butter, whole grains, fresh fruits, and snackable vegetables.



If you aren't sleeping well, take naps when you can. This might be something you can do when your loved one is napping. If your loved one doesn't sleep or wanders (common in people who have dementia), read [Caring for a Relative Who Has Dementia](#). This can provide you with tips to deal with this problem. Avoid using caffeine or energy drinks to combat being tired. Rest is the best way to recharge.

Exercise. Aim for 30 to 60 minutes 4 to 6 times per week. This will give you energy, reduce stress, and improve your mood. Include your loved one if he or she is able. Look for a substitute caregiver to free you up for exercise.

Avoid alcohol, tobacco, and drugs. These substances may seem to offer relief. But it is short-lived. They are harmful to your health if you use them regularly and to excess. If you have trouble eliminating these things from your life, talk to your doctor.

Seek treatment. If you are struggling, talk to your doctor, a counselor, a clergy person, or another person trained to help.

Get regular checkups. Even if you don't feel sick, it's important to see your doctor regularly. These visits should include health tests and screenings, vaccinations, and health advice appropriate for your age, gender and medical history. This helps prevent disease and could catch medical conditions you might have in the early stages.

Take breaks from caregiving. Recognize your limits. Ask others to help regularly or for a period of time. This includes family members, friends, temporary care workers, and church members. Consider other resources, such as in-home health care, adult day service, respite care, meal delivery, transportation services, and hospice care.

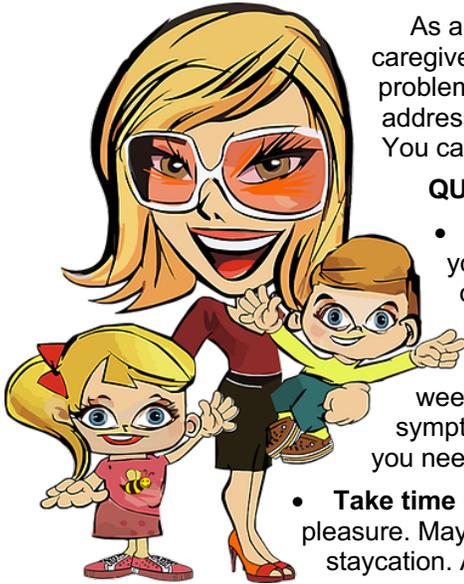
## Caregiver Support

(excerpts from AARP.org)

As a family caregiver, it's easy to forget about your own needs — which is why caregivers are more likely to report high stress levels, depression and other health problems. It's imperative that you find some form of support and set aside time to address your own health issues, both mental and physical. And try not to feel guilty: You can't care well for others if you don't care for yourself.

### QUICK TIPS:

- **Join a support group.** Even when you love the person you're caring for, you may also feel other emotions such as anger, resentment and grief. Many caregivers find great relief in sharing their feelings with other caregivers who've felt much the same way.
- **Address depression.** If you feel sadness and anxiety that lasts for weeks at a time, or if you are sleeping too little or too much or have other symptoms of depression, see a mental health professional. Depression is treatable; you needn't just suffer through it.
- **Take time out.** Don't neglect exercise, sleep, healthy eating and activities that bring you pleasure. Maybe find a relative who can fill in to allow you a vacation, or even a quiet staycation. Also, look into options for respite care and other alternative services in your area.



## IAM

### Peer Employee Assistance Program



The heart and soul of the District 141 Employee Assistance Program is the local lodge EAP peer coordinator. These dedicated men and women volunteer their personal time to assist other union members and their families who are experiencing personal difficulties. EAP peer coordinators do not make clinical diagnoses or clinical evaluations, however, they are trained to make a basic assessment of your situation and refer you to an appropriate resource for a more detailed evaluation. EAP peer coordinators will follow up to ensure you have been able to access services that addressed the difficulty you were experiencing.

### IAM EAP Airline Chairmen

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## EAP Calendar

2020

EAP I

March 7 - 13

EAP II

June 28 - July 3

EAP III

July 12 - 17

EAP IV

August 2 - 7

Please contact your Local Lodge Secretary/Treasurer or Local Lodge President for information about enrolling in any EAP course