

long term care connection

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things to know

Grandparents raising grandchildren

Today grandparents are heading more than 5 million homes with children. Older adults may face many new challenges since the first time they raised a child. There may be emotional, financial, legal or even physical issues.

If you or someone you know is dealing with this, help is available. Call the Beatitudes Center D.O.A.R. Project GrandCare at **(602) 274-5022** or the Area Agency on Aging at **(602) 264-4357**. They have information on support groups, recreation for grandchildren or just someone to talk to who understands.

Medical records are free

Members may request a copy of their medical record from their PCP at no cost.



Phone number change

Mercy Care Plan has a new number for the behavioral health crisis line. Call CONTACT at **(602)**

414-7305 for help.

Diabetes

Three checkups you need

Seniors with diabetes need to do more than watch their diets and monitor blood sugar levels. Once every year, you need to visit your doctor for an eye exam and a lipid profile. At least twice a year, you need an A1C test.

Eye exams are important because diabetes can cause blindness. Detecting and treating eye problems early can help prevent eye disease.

A1C tests let you and your doctor know how well your treatment plan is working by showing your blood sugar levels over time. High levels can increase your chances for serious health problems, such as eye disease, kidney disease and nerve damage.

Lipid profiles measure cholesterol levels. High cholesterol can lead to



cardiovascular disease, heart attack or stroke. Cardiovascular disease is the leading cause of premature death among people with diabetes. But relatively small improvements in lipid levels, blood sugar and blood pressure can reduce your risk.

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Southwest Catholic Health Network
2800 N. Central, Suite 400
Phoenix, AZ 85004-1036



Depression

You can feel better soon

We all feel moody now and then.

But if you feel sad most of the time, you could have an illness called depression. Other signs include:

- You don't feel like doing a lot of things you used to enjoy.
- You want to be alone most of the time.
- You feel guilty for no reason, like you're no good.
- Life seems meaningless, like nothing good will happen again.

- It seems like you have no feelings at all.
- It's hard to make up your mind. You often forget things. Or it's hard to concentrate.
- You get annoyed often. Little things make you lose your temper.
- You are sleeping a lot more. Or you have trouble falling asleep.
- You've lost your appetite—or you eat a lot more.
- You feel restless and tired most of the time.
- You think about death, suicide

or feel like you're dying.

These feelings don't mean that you are weak or a failure. They mean you might need medical treatment.

There's help. If you've had five or more of these signs for more than two weeks, tell your doctor. He or she may recommend counseling or medication. The good news: Treatment helps most people feel better in just a few weeks.

Source: National Institute of Mental Health

We speak your language

When you're sick, it often helps to see a doctor. And the easier the doctor is to talk to, the better. But talking with a doctor can be hard if he or she doesn't speak the language you know best.

When that's the case, we can help. We have staff members who know many languages, including sign language. And when we don't have someone who speaks your language, we'll find someone who does.

These people can go to your doctor with you or help you over the phone. They'll make sure

the doctor knows what you're saying and you know what the doctor is saying. With their help, you can get answers to all of your questions.

This service is free and easy to use. Just call Member Services. Someone will be there to speak with you Monday through Friday, 7 a.m. to 6 p.m.