

# THE LIGHTHOUSE

*To Inspire, Inform and Educate!*

## Ways to play **our** part!

Many people think more about giving at this time of the year.

One of the best ways to give, is to support a local non-profit organization that offers support to patients, families and caregivers and has initiatives that benefit the community at large.

**We at BFRIN pride ourselves on doing just that!**

For over 10 years we have made it our mission to offer free to low cost Breast Cancer support services that has improved the quality of lives for thousands of people.

### Three Ways to give...

**amazon**smile  
You shop. Amazon gives.



**ADOPT  
-A-  
DOLL**



## AMAZON SMILE

AmazonSmile is a simple and automatic way for you to support BFRIN every time you shop, at no cost to you. When you shop at [smile.amazon.com](https://smile.amazon.com), you'll find the exact same low prices, vast selection and convenient shopping experience as Amazon.com, with the added bonus that Amazon will donate a portion of the purchase price to BFRIN. Simply go to [smile.amazon.com](https://smile.amazon.com) from the web browser on your computer or mobile device. You may also want to add a bookmark to [smile.amazon.com](https://smile.amazon.com) to make it even easier to return and start your shopping at AmazonSmile. Have an existing Amazon account? No problem, you can use the same account on Amazon.com and AmazonSmile. Your shopping cart, wish list, wedding or baby registry, and other account settings are also the same.

## DIRECT DONATE

You can feel free to donate by visiting our comfortable office located at 7176 Marshall Road in Upper Darby, PA 19082. Donate in person and receive a small token of appreciation for your trip. In the area? Feel free to stop by its quick and easy! Cash, Checks and Credit cards accepted.

## ADOPT-A-DOLL

This special initiative gives on more than one level. Created by local talent, the dolls help support and generate income in the community. These beautiful handmade dolls, each in an originally designed creative-piece and hand-made with fine details, are available for adoption. But not only are you adopting a work of art, each doll has a meaningful name, unique survivor story, and comes along with an original certificate of authenticity, hand-made and hand-signed by BFIN President, Barbara Boyer. Dual purposed, each doll has as its base, air fresheners with assorted scents. Dolls vary in height, and ethnicities and would be great as gifts or for personal display in any home or office. Visit [bfrin.org/donate](https://bfrin.org/donate) to see the doll assortment.

### It's not too Late!

Before we head into winter get your Flu Shot. The Centers for Disease Control and Prevention (CDC) recommends anyone who is eligible be vaccinated by the end of October. That includes pregnant women, adults age 65 and older, children younger than five and people who have long-term health conditions that put them at a higher risk.

While health officials can't predict the severity or length of the flu season because it from year-to-year, getting a flu shot is still the best way to protect yourself against the flu. It lowers your risk of getting the flu by about half. So what are you waiting for!



**Getting a Flu Shot could save your life**



## Who is a Caregiver?

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

### Caring for the elderly can be challenging

One of the toughest challenges you can face when caring for the elderly is resistance to care. How do you help a loved one who doesn't want help? Understand why resistance to care might develop and strategies for fostering cooperation.

If your loved one is in need of care, he or she is likely dealing with loss— physical loss, mental loss, the loss of a spouse or the loss of independence. Accepting help might mean relinquishing privacy and adjusting to new routines.

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### Caregivers, Are you at risk?

Yes. Because being a caregiver is so hard, your health may suffer. You may feel stressed or overwhelmed by being a caregiver. You may find that you spend much of your time caring for others, but neglect your own health. Some of the tasks of being a caregiver, such as lifting or bathing your loved one, may put extra strain on your body. Being a caregiver also can cause financial stress, and you may avoid going to the doctor so you don't have to pay for visits or treatments. All of these things can affect your emotional, mental, and physical health.

As a result, your loved one might feel frightened and vulnerable, angry that he or she needs help, or guilty about the idea of becoming a burden to family and friends. In some cases, your loved one might be stubborn, have mental health concerns or simply think it's a sign of weakness to accept help. He or she might also be worried about the cost of certain types of care. Memory loss might also make it difficult for your loved one to understand why he or she needs help.

### What's the best way to approach a loved one about the need for care?

In some cases, the doctor will start a discussion with your loved one about his or her care needs. If you're starting the conversation and you suspect that your loved one will be resistant to care — whether from family, other close contacts or a service — consider these tips:

- **Determine what help is needed.** Make an honest assessment of what kind of help your loved one needs and which services might work best.
- **Choose a time when you and your loved one are relaxed.** This will make it easier for you and your loved one to listen to each other and speak your minds.
- **Ask about your loved one's preferences.** Does your loved one have a preference about which family member or what type of service provides care? While you might not be able to meet all of your loved one's wishes, it's important to take them into consideration. If your loved one has trouble understanding you, simplify your explanations and the decisions you expect him or her to make.
- **Enlist the help of family members.** Family and friends might be able to help you persuade your loved one to accept help.
- **Don't give up.** If your loved one doesn't want to discuss the topic the first time you bring it up, try again later.
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To encourage cooperation, you might:

- **Suggest a trial run.** Don't ask your loved one to make a final decision about the kind of care he or she receives right away. A trial run will give a hesitant loved one a chance to test the waters and experience the benefits of assistance.
- **Describe care in a positive way.** Refer to respite care as an activity your loved one likes. Talk about a home care provider as a friend. You might also call elder care a club, or refer to your loved one as a volunteer or helper at the center.
- **Explain your needs.** Consider asking your loved one to accept care to make your life a little easier. Remind your loved one that sometimes you'll both need to compromise on certain issues.
- **Address cost.** Your loved one might resist care out of concern about the cost. If your loved one's care is covered by Medicaid or other funding, share that information to help ease his or her worries.
- **Pick your battles.** Do your best to understand your loved one's point of view, and focus on the big picture. Avoid fighting with your loved one about minor issues related to his or her care.
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Keep in mind that these strategies might not be appropriate when dealing with a loved one who has dementia.

If your loved one continues to resist care and is endangering himself or herself, enlist the help of a professional. Your loved one might be more willing to listen to the advice of a doctor, lawyer or care manager about the importance of receiving care.

Resistance to care is a challenge that many caregivers face. By keeping your loved one involved in decisions about his or her care and explaining the benefits of assistance, you might be able to help your loved one feel more comfortable about accepting help.





- Annually 8,357,100 people receive support from the 5 main long-term care service; home health agencies (4,742,500), nursing homes (1,383,700), hospices (1,244,500), residential care communities (713,300) and adult day service centers (273,200).

- An estimated 12 million Americans need long-term care.

- Most but not all persons in need of long-term care are elderly. Approximately 63% are persons aged 65 and older (6.3 million); the remaining 37% are 64 years of age and younger (3.7 million).

- The lifetime probability of becoming disabled in at least two activities of daily living or of being cognitively impaired is 68% for people age 65 and older.

- By 2050, the number of individuals using paid long-term care services in any setting (e.g., at home, residential care such as assisted living, or skilled nursing facilities) will likely double from the 13 million using services in 2000, to 27 million people. This estimate is influenced by growth in the population of older people in need of care.
- Over 40 million Americans are taking care of a loved one 50 or older. Approximately six in ten of them are doing it while also trying to earn a living.

### The Lighthouse

The purpose of this publication is to offer Hope and Encouragement to those individuals who battle cancer and their loving families and friends, who support them. We aim to INSPIRE, INFORM and EDUCATE. We strive to keep you up to date on products, services and developments related to cancer treatment and post surgical care. Like a literal lighthouse, our mission is to guide you on your post-operative journey, providing practical insight and informative discussion that contribute to your overall health and well-being. This Newsletter is the intellectual property of BFRIN.org. 7176 Marshall Road, Upper Darby, PA 19082. Phone: 866-473-3325.