



A QUARTERLY
NEWSLETTER
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January Is National Glaucoma Month

Persons at high risk for Glaucoma are:

- Glaucoma is a leading cause of blindness
- There is no cure (yet) for glaucoma
- Everyone is at risk for Glaucoma
- There may be no symptoms to warn you

Persons at high risk for Glaucoma are:

- African Americans
- People over 60
- Family members with Glaucoma
- Hispanics in Older Age Groups
- Steroid Users
- Persons with eye injuries
- Persons with nearsightedness
- Persons with diabetes
- Persons with hypertension
- Persons with Central Corneal Thickness less than .5mm

What is Glaucoma?

According the Glaucoma Research Foundation, Glaucoma is a group of diseases that can steal sight without warning or symptoms.

Adult Glaucoma falls into two categories: open angle glaucoma and closed angle glaucoma.

There is no cure for Glaucoma (yet) but there are medications and certain surgical procedures that can slow or prevent further vision loss. Early detection is vital to stopping the progress of the disease. You may visit www.glaucoma.org to find this and other information about Glaucoma.

Compass ElderCare Solutions, LLC. never accepts fees for any referral that we make, ensuring that your family gets a completely unbiased opinion on the evaluation given. For more information on the services that Compass ElderCare Solutions, LLC provides please visit our website at www.compasseldercare.com



Diet and Good Eyesight

According to the Royal National Institute of Blind People (RNIB) evidence regarding the benefits of nutritional supplements against eye disease is conflicting and there is no real agreement among researchers on this subject at present.

However a consensus has been reached on the importance of a healthy, balanced diet full of fresh fruits and vegetables, particularly leafy green vegetables.

At the RNIB found that in various studies and clinical trials antioxidants, vitamins found in certain foods, have been linked with eye health. These foods help to maintain healthy cells and tissues in the eye. The main focus has been on anti-oxidant vitamins A, C and E. These vitamins can be found in many different fruits and vegetables:

Oranges	Kiwi	Grapefruit	Dried Apricots	Tomatoes	Peppers
Raw Carrots	Kale	Spinach	Green Peas	Green Beans	Brussels Sprouts

They can also be found in nuts, seeds, dairy products and eggs.



Technology

There have been many advances in technology to assist those persons who are visually impaired or even blind. These advances range from magnifying glasses, computer software to voice recognition equipment. There are too many devices to list here but at www.righthealth.com/topic/visually_impaired_technologies you can find links to:

- Forums and support for visually Impaired Technologies
- Reference material for Visually Impaired Technologies
- Visually Impaired Technology
- Voice dialing
- Images for Visually Impaired Technology
- News and Blogs for Visually Impaired Technology



Financial

Texas Long Term Care Partnership Program was created an incentive for Texans to plan for their own long term care needs. These services may include nursing home care, geriatric care management care, in-home care, etc.

With this asset disregard benefit, every dollar of Long Term Care benefits your partnership policy pays will equal one dollar of countable assets that will be disregarded when trying to qualify for Medicaid.

In addition to asset disregard, the Long Term Care partnership policies must include the following benefits:

- Inflation protection-this allows the policy to pay LTC benefits as costs rise
- Tax Qualifications-the policy holder may be able to deduct part of the premium from your taxes as a medical expense and policy benefits are generally not taxable as income
- Moving to another state-Texas participates in a national reciprocity agreement with other states to honor the terms of your partnership policy for list of participating states visit www.OwnYourFutureTexas.org
- This and expounded information about the Texas Partnership Program can be found at www.tdi.state.tx.us



Featured Professional Geriatric Care Manager

Donna Work was accepted as a Credential Professional Gerontologist (CPG) with the National Association of Professional Gerontologist organization (NAPG) in December 2010.

CONGRATULATIONS DONNA!!!!!!!!!!

You may find more information about this organization at www.NAPGerontologists.org



Donna Work, MFCS; Gerontologist, has been working as an advocate for older adults since 2004. She received her specialist in aging certification from The University of North Texas and earned her Master's degree in Gerontology from Iowa State University. She was a top honor graduate student at both universities. Her undergraduate studies were completed at Texas Christian University where she achieved a Bachelor of Arts degree in Business Management. She is a professional member of the National Gerontology Academic Honor and Professional Society, the Texas Association for Adult Development and Aging, and the Texas Counseling Association. She serves as a member of a non-profit advisory committee as the older adult specialist and has written and edited for a local senior adult publication. She has volunteered for Meals on Wheels delivering meals to the homebound elderly in her area. Her gerontological research interests include the study of centenarians and learning their secrets to longevity of life and also the subject of understanding the health benefits for the spiritual well-being of older adults. She is a native of Fort Worth and currently resides in a suburb between Dallas and Fort Worth with her husband of twenty-nine years.

What We do at Compass ElderCare Solutions, LLC.



- We help families find and coordinate long-term health care for their loved ones.
- We conduct care planning assessments to identify problems, eligibility for assistance and need for services.
- We screen, arrange and monitor in home help or other services.
- We review financial, legal or medical issues and offer referrals to geriatric specialists to avoid future problems and conserve assets.
- We provide crisis intervention.
- We act as a liaison to families at a distance; making sure things are going well and alerting families to problems.
- We assist with moving an older person to or from a retirement complex, care home or nursing home.
- We provide consumer education and advocacy.
- We offer counseling and support to elders and their families.
- We advocate for the elder.
- We help save you money by developing a care plan that utilizes funds where they are needed the most.
- We provide options, guidance and peace of mind for families needing long term care for a loved one in the North Texas area from Denton to Austin.

Additional Resources

<http://www.medicare.gov>
(Medicare Information)

<http://www.dads.state.tx.us>
(Department of Aging & Disability Services)

<http://www.alz.org/index.asp>
(National Alzheimer's Association)

www.brainhealth.utdallas.edu
(Center for Brain Health - University of Texas at Dallas)

www.namenda.com
(Namenda-Memantine HCL)

www.aricept.com
Aricept (donepezil HCI)

www.Exelon.com
(Rivastigmine Tartrate)



Compass ElderCare Solutions is a member of the National Association of Geriatric Care Managers

For More Information Please Call Texas: (972) 417-3900 Fax: (972) 539-7006