



November, 2011  
Issue 48

## CAREGIVING!!

In South Carolina there are almost 400,000 informal caregivers, which provide more than 400 million hours of care per year for family members. Informal caregivers are usually family members and friends who are providing services to the elderly and disabled, and it is usually without a break as it is a 24/7 responsibility

Caregivers must provide daily chores for the recipient, assisting them with bathing, dressing, toileting, transferring (ex: from bed to chair etc), as well as having to provide transportation, preparing meals and household chores, many of these caregivers also have jobs outside of the home which can cause additional expenses or the possibility of losing jobs because of the additional responsibilities.

Informal caregivers need a wide range of support services to remain healthy, not only for themselves but for the person they are caring for. The support services that will enable them to improve their skills, are (1) information, (2) knowledge on assistance that is available, (3) counseling (ex: with other caregivers as well as on an individual basis, and with other family members, (4) respite (even if it is only 30 minutes a day to read or watch a television program) (5) home modifications (ex: ramps) (6) devices for assistance (ex: wheelchairs, walkers, etc).

Information on these services can be provided through geriatric care coordinators, that can give them assistance in providing these services. By providing these services to the caregiver it will enhance their ability to continue to meet their recipients needs and increase the confidence in providing the necessary care.

Many times because of the difficulty of care that has to be provided, the caregiver will sometimes get frustrated and

even angry at the situations that are presented in the day to day performance of their duties. Some of the warning signs of frustration are: shortness of breath, knot in the throat, stomach cramps, chest pains, headache, compulsive eating, alcohol consumption, lack of patience, and a desire to strike out. To respond to the frustration, first it has to be recognized, and then in some situations face the realization that some circumstances are uncontrollable and learn to distinguish "what is" and "what is not" within your power to change.

Care giving for an aging parent/family member may stretch the budget as well as the caregiver's endurance -- that is, if you aren't aware of scores of federal, state and even local government programs. The South Carolina Lieutenant Governor's Office on Aging Office in Columbia has information on assistance that is available by calling 803 734-9900 or 800 868-9095 and the Area Agency for assistance is 803 649-7981.

VTAlston

## HOW TO OBSERVE THANKSGIVING

Count your blessings instead of your crosses;  
Count your gains instead of your losses.  
Count your joys instead of your woes;  
Count your friends instead of your foes.  
Count your smiles instead of your tears;  
Count your courage instead of your fears.  
Count your full years instead of your lean;  
Count your kind deeds instead of your mean.  
Count your health instead of your wealth;  
Count on God instead of yourself.

~~Author Unknown.~~

## *HAPPY THANKSGIVING*

## BLACKVILLE'S FIRST SATURDAY

November 5, 2011

5:00PM – 9:00PM

DOWNTOWN BLACKVILLE

Music/Dancing/Bring your own Food

“Remember yesterday, dream of tomorrow, but live for today”

## **MEETINGS**

- ▲ **November 4**, Blackville Community Development Corporation, Town Hall 6:00pm
- **November 7**, Blackville Civic Club, Edward's heating and Cooling, 7:00pm
- **November 8**, County Council, Agriculture Building, Barnwell, 6:00pm
- **November 14**, Blackville Downtown Development Corporation, Russell's Pizza, 5:30pm
- **November 14**, BHHS, District #19 Board of Education Meeting, Conference Room, 7:00pm,
- **November 21**, Town Council Meeting, Community Center, 7:30pm. .
- **November 28**, Barnwell-Blackville NAACP, Macedonia Baptist Church, 7:00pm

## **HAPPY BIRTHDAY**

Rhonda Brown, November 1  
Wendy Barfield, November 1  
Jacquetta Hammonds, November 3  
Lee Price, November 4  
Gattie S. Thomas, November 8  
Elnora Williams, November 9  
Bridget Brown, November 9  
Ashante' Harrison, November 9  
Allante' Harrison, November 9  
Frank J. Washington, November 12  
Carolyn Hicks, November 2  
Kelvin Isaac, November 21  
Rose B. W. Daniels, November 26  
Terrance Washington, November 26  
Julia Bell Sanders, November 27

## **LIBRARY NEWS**

**“STORY TIME”**

Tuesdays - 10:30am

November 1<sup>st</sup> and November 15<sup>th</sup>

## **SCHOOL NEWS**

**NO SCHOOL** – November 11, 2011

PTSO/SIC

November 17th

MES @ 5:30pm

PTSO/SIC/Math Night

November 15<sup>th</sup>

BHJH @6:00pm

PTSO/SIC

November 15th

BHHS @ 7:00pm

Thanksgiving Holiday

November 23 -25

## **WINTER SAFETY TIPS**

With temperatures starting to drop it is important to make sure that we observe winter safety tips for keeping our homes and families safe, healthy and warm.

1. Supplies to have on hand during season:

- ▲ Battery powered radio/television
- ▲ Candles
- ▲ Flashlights (spare batteries)
- ▲ First Aid kits
- ▲ Drinking water(bottled)
- ▲ Non-Perishable food

2. Install Carbon Monoxide Detectors

3. Dress Appropriately(layered)

4. Prepare your car(keep above supplies in car also)

5. Check heating systems(fireplaces, space heaters)

**DAYLIGHT SAVINGS TIME ENDS  
NOVEMBER 6, 2011, 2:00AM**

**Contact Information:**

**[www.townofblackville.com](http://www.townofblackville.com)**

**and [vtalston@bellsouth.net](mailto:vtalston@bellsouth.net)**

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Veteran's Day/ No School  
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PTSO/SIC  
November 17th  
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PTSO/SIC/Math night  
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