



# Helping Hands



## Senior Care Giving

(excerpts from [www.eldercare.gov](http://www.eldercare.gov))

### Eldercare Locator Service

The Eldercare Locator ([www.eldercare.gov](http://www.eldercare.gov)) is designed to help older adults, their families and caregivers find their way through the maze of services for seniors by identifying trustworthy local support resources. The goal is to provide users with the information and resources that will help older persons live independently and safely in their homes and communities for as long as possible.

The Eldercare Locator began telephone operation in 1991 and the website was launched in 2001. The Eldercare Locator links those who need assistance with state and local area agencies on aging and community-based organizations that serve older adults and their caregivers. Whether an older person needs help with services such as meals, home care or transportation, or a caregiver needs training and education or a well-deserved break from

caregiving responsibilities, the Eldercare Locator is there to point that person in the right direction. The Eldercare Locator is administered in partnership with the National Association of Area Agencies on Aging.



### The Aging Network

To meet the diverse needs of older persons in the United States, the Older Americans Act of 1965 (OAA), created the primary vehicle for organizing, coordinating and providing community-based services and opportunities for older Americans and their families. All individuals 60 years of age and older are eligible for services under the OAA, although priority attention is given to those who are in greatest need. The OAA established a national network of federal, state, and local agencies to plan and provide services that enable older adults to live independently in their homes and community. This interconnected structure of agencies is known as the National Aging Network. The National Aging Network is headed by the US Administration on Aging.

### The Database

The Eldercare Locator database is designed to link older adults and their caregivers to unbiased information and assistance resources at the state and community level. The Administration on Aging (AoA) works in partnership with State and Area Agencies funded by the Older Americans Act (OAA). These agencies provide information about resources located in the Eldercare Locator database. The database includes related Area Agencies, State provided Aging resources, aging referral programs, and Aging and Disability Resources Centers. Additionally, and legal services assistance resources, elder abuse prevention, health insurance counseling, and the Long-Term Care Ombudsman Program are included. To ensure the integrity of the Eldercare Locator service, AoA does NOT accept unsolicited requests from organizations to be included in the database.



BenefitsCheckUp The BenefitsCheckup Website, (<https://www.benefitscheckup.org>) helps consumers find benefits programs that help them pay for prescription drugs, health care, rent, utilities, and other needs. The BenefitsCheckUp Website includes information from more than 1,650 public and private benefits programs from all 50 states and the District of Columbia. Some of the benefits available include: expenses incurred for: medications, food, utilities, legal, health care, housing, in-home services, taxes, transportation, employment training. There are over 2,000 federal, state and private benefits programs available to help. But many people don't know these programs exist or how they can apply. BenefitsCheckUp asks a series of questions to help identify benefits that could save you money and cover the costs of everyday expenses. Talk with your EAP representative for further information.

## Happiness

(excerpts from Dr. Timothy Sharp 2005 © The Happiness Institute [www.thehappinessinstitute.com](http://www.thehappinessinstitute.com))

### Ideas to enhance your happiness:

- (a) Clarify your life direction and goals. Happy people are clearer about who they are and what they want to achieve.
- (b) Live a healthy life. It's hard to be happy if you are sick and tired all the time. Eat well, exercise regularly, and get enough sleep and rest.
- (c) Don't tolerate negative thoughts. Unhelpful and self-defeating thoughts are the enemy of happiness. Learn how to identify and challenge worrying, pessimistic thoughts.
- (d) Plant optimistic thoughts. Happy people look at the world differently. They focus more on positives and they look for opportunities in all situations (even challenging ones). Once you've weeded out the unhappy thoughts, start planting optimistic ones.
- (e) Foster, develop and maintain key relationships. Happy people have more and better quality relationships. To achieve this they spend more time working on the quality of these relationships. Don't take the important people in your life for granted. Make sure you devote enough time to help the relationships that are important to you flourishing.
- (f) Focus on your strengths. We can always try to improve and try to fix our weaknesses. Happy people tend to be far more aware of, and better at utilizing their core strengths, qualities and attributes.
- (g) Enjoy the moment. Happiness is not just living in the moment but also, enjoying the moment. Happy people are more grateful. They appreciate what they have, and think less about what they don't have. Often times they appreciate small things other people don't even notice.

## IAM Peer Employee Assistance Program



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

United Airlines Employee Assistance Program Airline Coordinator

Kathy Ferguson

E-Mail: [kfborabora@cox.net](mailto:kfborabora@cox.net) Cell: 703-505-4321

American Airlines Employee Assistance Program Airline Coordinator

Chris Davis

E-mail: [chrisx1959@yahoo.com](mailto:chrisx1959@yahoo.com) Cell: 704-572-4859

Hawaiian Airlines Employee Assistance Program Airline Coordinator

Maurice Masaki

E-Mail: [mmasaki@iam141.org](mailto:masaki@iam141.org) Cell: 808-728-4316

## IAM EAP Calendar

### EAP I

March 6-11, 2016

William W. Winpisinger Education and Technology Center

### EAP III

May 22-27, 2016

William W. Winpisinger Education and Technology Center

### EAP II

July 10-15, 2016

William W. Winpisinger Education and Technology Center

EAP IV  
(tentative)

December 11-16, 2016

William W. Winpisinger Education and Technology Center

