

May 2025

NATIONAL Military Appreciation and Mental Health Awareness MONTH



- Series: Mind Your Meds - Step #5 of the AFA 10 Steps to Healthy Aging Chart
- The Five Rights of Medication Administration
- Manage Medications Safely
- Tips to Make Taking Medications Safer
- Advance Directives - Three Types

- Why Are Advance Directives Important?

★ May 1st Event: Dementia Caregiver Support Group

★ May 31st Event: "Not This! Hope For The Caregiver"

Conference Location: Leavenworth Council on Aging

- Virtual Reality Experience
- Resources

"Home of the free, because of the brave"

You are not alone.
FOR SIG NOT STING

Dementia Caregiver Support Group

Basehor Community Library:

Meets in person on the first Thursday of every month at 6:30 pm

Join us in this safe supportive environment for caregivers.

Co-Leaders: Dr. Maritza Buenaver, Geriatric Psychiatrist
and Cathy Grigsby, MS, caregiver support specialists,

will guide us as we share our experiences. Anyone is welcome to join us.



Mind Your Meds

Medication can affect everyone differently, especially as you age. When getting a new medication or something you haven't taken in a while (whether over the counter or prescription), talk to your doctor or local pharmacist.

The Five Rights of Medication Administration

- The Right Patient.
- The Right Time and Frequency of Administration.
- The Right Dose.
- The Right Route.
- The Right Drug.

Manage Medications Safely

- Store medicines in a proper location.
Medication should always be stored safely in a dry, cool place.
- Keep medicine in a childproof place.
- Take medicine in a safe environment.
- Take only your own prescriptions.
- Ask your pharmacist before drinking alcohol.

Tips to help make taking medication safer

- Follow instructions. Read all medicine labels and be sure to follow instructions. ...
- Take medicine on time. ...
- Turn on a light. ...
- Report problems. ...
- Tell your doctor about alcohol, tobacco, and drug use. ...
- Ask your loved ones for help. ...

MAY EVENT: "Not This! Hope For The Caregiver"
Dr. Maritza Buenaver is Inviting You to Join Us for this Free Event!

Saturday, May 31, 2025 8:30 a.m.—12:30 p.m.

CONFERENCE LOCATION: Leavenworth Council on Aging

711 Marshall St., Ste 100, Leavenworth, KS

REGISTER NOW! Seating is limited! Free Event!

Call the Leavenworth Council on Aging: 913-684-0777

This exciting event is free and features distinguished speakers presenting exciting approaches, valuable caregiving insights, techniques, and resources. Enjoy rich discussions and Q & A's. The Virtual Reality Experience will allow you to have a better understanding of Alzheimer's from the patient's perspective.

May is National Military Appreciation Month and National Mental Health Month

Advance Directives

Advance directives are legal documents that allow individuals to specify their healthcare wishes and appoint a representative to make decisions on their behalf if they become unable to do so. They are crucial for patients, caregivers, and medical professionals to ensure a person's healthcare preferences are respected and followed, especially when the patient can no longer communicate their desires.

Living Will

Written statement outlining medical treatments the person wants or does not want in specific circumstances.

Durable Power of Attorney for Healthcare

A legal document that appoints someone (like a family member or friend) to make healthcare decisions on the person's behalf when they are unable to do so.

POLST (Physician Order for Life-Sustaining Treatment)

A set of medical orders that reflect a patient's wishes for life-sustaining treatments, such as CPR or intubation, and applies to a specific patient in the patient's home or in a nursing home.

Why are Advance Directives Important?

Respect for Patient Autonomy: They ensure the person's wishes are honored, even if they cannot communicate them directly.

Reduced Stress: Knowing the patient's preferences simplifies difficult medical decisions and alleviates emotional burden on family members.

Clear Communication: They provide a legal document that guides healthcare decisions, ensuring medical care aligns with the patient's wishes.

MAY EVENT: Dementia Caregiver Support Group

Thursday, May 1st—Basehor Community Library

1400 158th St., Basehor, KS—6:30 p.m.—7:30 p.m.

*In a safe and welcoming environment, the Dementia Caregiver Support Group gives caregivers the opportunity to ask questions and share their experiences with others in similar circumstances. **The support group will be led by:***

Co-Leaders: Dr. Maritza Buenaver, Geriatric Psychiatrist and Cathy Grigsby, MS caregiver support specialists.

Resources



A JOURNEY THROUGH ALZHEIMER'S DISEASE "VIRTUAL REALITY EXPERIENCE"

Find out what everyone is raving about!

"Enlightening" "Eye-Opening" "Empowering" "Informative"

Free Distance Learning Experience Through Zoom..

(Alzheimer's/Dementia/Lewy Body/Parkinson's)

Experience a journey through their eyes.

(A must for caregivers, families, doctors/fellows/residents/staff.)

Free Virtual Reality Distance Learning is made possible

by Dr. Maritza Buenaver's Iowa-GWEP/HRSA Grant.



**It's easy to schedule a
Virtual Reality Session.**

***Just email your preferred
VR Session date and time to:***

vaCaregiverEducation@gmail.com

***Also, ask about our other
Virtual Reality Experiences including:
Vision/Hearing Loss and End-of-Life.***

- **Dr. Maritza Buenaver—Dementia Education, Next Session: June 18, 2025**
 > Dementia Education Sessions are held Every Other Month on the
 Third Wednesday of that month, 6:30-7:30 p.m., at the Basehor Library
- **Dementia Caregiver Support Group, Monthly, First Thursday, Basehor Library**
- **www.Facebook.com—Basehor Library—Dementia Caregiver Support Group**
- **The Deeper Window Association, Vicki Lichtenauer, vlichtenauer@scls.org**
 Caregiver Support Group, Monthly, 1st and 3rd Wednesday, 5:45-7:30 p.m.
 Leavenworth, KS— Let's Roll Mobile Respite, Tuesdays, 11:00 a.m.—3:30 p.m.
- **www.LeavenworthCounty.gov—Council on Aging**
- **www.ALZ.org—Alzheimer's Association**
- **www.ptsd.va.gov/gethelp/help_for_veterans.asp**
- **CRISIS LINE: 800-273-8255—Free and Confidential**

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