

The Hidden Problem of Elder Abuse and Neglect

Today, older people are more visible, more active, more independent than ever and living longer. Yet, often woven within the good news about happy, healthy retirement years is another, often hidden story. It is estimated that each year, one of every 20 older Americans is a victim of physical, psychological or other forms of abuse or neglect.

■ Opal, a 79 year old widow, lost her husband last year. Because of her own health problems, she moved 150 miles away to live with her daughter, Alice.

The situation is difficult for them. Sometimes Alice feels as if she's at the end of her rope, caring for her mother while dealing with her own family's difficult issues. Alice has caught herself calling her mother names. Recently, Alice lost her temper and slapped her mother. In addition to feeling frightened and isolated, Opal feels trapped and worthless.

■ Robert is a financially secure 85 year old who has only recently needed assistance with his care. He moves in with his

oldest daughter who now believes her father "owes her" more of his money than her other siblings. She talks her father into giving her power of attorney for his bank accounts and she writes herself a check for "expenses." Soon she has transferred a

significant portion of the investments into her name. Robert has no energy to oversee his finances and is totally trusting of his daughter.

Elder abuse is a disturbing and complex reality in today's society. The risk of being abused, neglected or exploited is real for many older people today. People 80 and older, and women of all ages, are at greatest

risk for abuse. Older adults who are dependent on others for basic care are particularly vulnerable.

Most elder abuse and neglect takes place at home and the abuser is typically a family member, spouse or caregiver (although clearly some abuse does take place in an institutional setting). Often the abuse is subtle and the distinction between stress, ill health and abuse can be difficult to determine. The idea that what happens at home is "private" can be a major factor in

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Elder Abuse

keeping an older person locked in an abusive situation.

Elder abuse takes many forms and is carried out in many ways, including:

■ **Psychological/Emotional Abuse.** The use of tactics, such as harassment, insults, intimidation or threats, that cause mental or emotional anguish. It can be name calling, insulting, ignoring, isolating, demeaning and controlling behavior.

■ **Physical/Sexual Abuse.** The use of physical force, such as hitting, pushing, shaking or burning with the intention of causing pain or injury. It can include any nonconsensual sexual contact.

■ **Financial Abuse.** This involves improperly using an older person's resources for the benefit of another person. It can be illegal or unethical exploitation and/or use of cash, credit cards, funds or other assets.

■ **Neglect.** Neglect occurs when a caregiver refuses or fails to carry out caretaking responsibilities necessary to the person's wellbeing. It might be withholding food, medicine, shelter or personal hygiene. Abandonment is leaving a vulnerable adult without the ability to get necessary food, clothing, shelter or health care. Self-neglect often involves individuals who have physical or cognitive limitations. According to the National Center on Elder Abuse, neglect accounts for about

half of all reported elder abuse cases.

Family situations can contribute to elder abuse. Discord in the family created by the older person's presence, a history or pattern of violent interactions with the family, social isolation, financial stress, or the stress on one or more family members who care for the older adult may all contribute.

Sometimes older adults who show signs of dementia or have experi-

enced other health problems such as a stroke may become abusive as a part of the disease process and the object of the abuse may be another older adult. The abuse may take the form of hitting or gripping the caregiver, or creating hazards.

No matter what form it takes, the effects of elder abuse are the same: potentially dangerous situations and feelings of worthlessness and isolation.

Fast Facts...

Abuse of older adults can be hard to detect and is often under-reported. Clues to the possible presence of elder abuse can be detected in certain physical or behavioral changes. Here are some **warning signals**:

■ **Physical injury.** Bruises, cuts, burns, grip marks, repeated unexplained injuries, dismissive attitude about injuries, refusal to get treatment for injuries. Other signs of potential problems include sudden changes in behavior, comments about being battered or the refusal of the caregiver to allow visits to the person.

■ **Lack of physical care.** Indications include dehydration, malnourishment, weight loss or poor hygiene. Bed sore, soiled bedding, unmet medical need and comments about being mistreated

also may indicate a problem. Overly medicated or overly sedated.

■ **Changes in living arrangements.** Unexplained changes in living arrangements, such as confinement, or the appearance of previously uninvolved relatives or strangers moving in.

■ **Unusual behaviors.** Changes in an older person's behavior or emotional state may signal a problem. Agitation, shame, withdrawal, embarrassment, fear or anxiety, apathy or reports of being mistreated.

■ **Unaccounted for financial changes.** Sudden withdrawal or closing of bank accounts. Missing money or valuables, unexplained transaction, unpaid bills despite available funds and sudden transfer of assets.

What Can You Do?

No one should be abused—physically or verbally—by anyone, including family members or caregivers. Everyone has the right to feel safe and secure. If you or someone you know is being abused in any way, report it. No one should be reluctant to report evidence of elder abuse. Uncertainty about who to talk to, about what can be done, fear of being believed or involved are not reasons to keep suspected abuse from being reported. Talking to the suspected abuser about the problem is not likely to help.

But where do you start?

If there is imminent danger, call 911.

If there is not immediate danger, but you suspect abuse, there are two reporting numbers to call depending upon the person's living situation.

1) If the person that you suspect is being abused is living in a nursing home, boarding home (including assisted living facilities) or an adult family home, call the Complaint Resolution Unit toll-free hotline at 1-800-562-6078 to report.

2) If the person that you suspect is being abused is living in their own home or somewhere other than a long-term care facility, call the county Department of Social and Health Services Adult Protective Services Office. For Benton, Franklin, and surrounding counties that number is 1-877-389-3013.

It's important to remember that you do not need proof that harm has occurred. A person who makes a report in good faith is immune from any liability. As soon as you have reason to believe that abuse is occurring, report as much as possible. You will need to provide information such as the name and address of the vulnerable adult, name and address of the legal guardian or alternate decision maker, if any, specific information regarding the abuse, identity of the alleged perpetrator, if known, and any other information that may be helpful in establishing the extent of the abuse. You will need to provide your name and address, but it will be kept confidential.

For additional information, visit the State of Washington Department of Social and Health Services website devoted to Aging and Adult Services at <http://www.aasa.dshs.wa.gov/Programs/aps.htm>.



Sorting Through Medicare

Healthy Ages is again offering a monthly class on Medicare and secondary insurance and how they coordinate with each other. The class is offered on the first Wednesday of each month from 9 – 11 a.m. throughout the year. You **must** register to attend as seating is limited.

Healthy Ages is also exploring the option of having an **evening class**. If evenings would work better for you, contact Healthy Ages and let them know what night of the week and what time would work best for you.

To contact Healthy Ages, call 942-2700 or e-mail at healthyages@kadlecmed.org. Make sure you give your name and phone number.



Community Support, Community Asset

The Garden at Kadlec Medical Center is now complete and offers a beautiful space for quiet meditation or just a chance to enjoy the day. This unique space would not have been possible without the support of so many who donated to the Kadlec Foundation.

Thank you to all those who through their financial support helped to create The Garden.

The Kadlec Foundation will continue to accept donations for the ongoing care and future enhancements of The Garden. You may use the enclosed envelope for your donation.

Shrub Club

Lance & Janelle Amato
Verl & Alicia Asmund
Jae & Betty Lee Barnhart
Bill & Lillian Baumgartner
David & Judy Becker
Bettendorf's Printing & Design
Terry Blerot
In Memory of My Mother

Mary Lou Bock
In Memory of Bob Bock
Fred & Kay Brauer
Janet Brinkerhoff
Wilbur & Margaret Bunch
Josephine Bushnell
In Memory of Perry K. Bushnell, Sr.
Ralph M. Cable, MD
Chelene Campbell & Stephen Smith

Deanna Carlson
In Memory of Michael C. J. Carlson
Amy E. Carrasco
Anne Carroll
Roger, Joyce & Josh Casey
Bill & Jan Chamberlain
In Honor of 3 daughters born at Kadlec
Frances I. Chambers
In Memory of Melvin "Dick" Chambers
The R. Chandlers: Rick, Stephanie, Kyle & Zachary

Charles & Irene Y. Curtis
In Memory of Charles Curtis, Jr.
Nancy Dahlberg
Mr. & Mrs. Carlton Denning
Scott & Judy Dietert
In Memory of Krista Ann
Brandi Farrah
In Memory of Chase James Farrah
Virginia L. Fields
David W. Fischer, MD
John & Martha Fleming
In Honor of Dr. Dan Vaughn
Elizabeth A. Fluke
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Myrna & Andrea Forester
Marlys & Melvin Foster
Stuart & Songsri Freeman
The Fulton Family
*In Memory of James T. Fulton
In Honor of Betty M. Fulton*
Howard & Letha Gaines
In Honor of Kadlec Medical Center
Rev. & Mrs. Jose Garcia
Paula L. Garland
In Memory of Daniel L. Garland
Louis & Dorothea Garvey
In Memory of Gloria McSherry
Evelyn M. George
Ida M. Glover
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Patricia A. Hardman
Joe & Ginger Hedges

Bret Helms
Melody Hill
John E. & Linda Holmes
Tricia Hunter
Steve Irwin
Carol Jacobs
Betty J. Johnson
Debi Johnson
Keith & Lois Johnson
Ann Judy
In Memory of Nelson Judy
Peggy Kannberg
Dirk & Mary Kayser
In Honor of Susan Kayser
Michael J. Keiter
Tom & Mary Ann Kelley
Clare Kenneally
*In Memory of husband,
Joseph P. Kenneally*
Cecilia Kohler
Margie A. Kramer
Frances & Al Law
Dottie & Dick Leach
Robert J. & Judith J. Lorence
Nutrition Services
Department of Kadlec
Medical Center
In Memory of Nick Gilliam
Dr. Thomas & Nancy Mahony
Jennie Martin
Elsa & Bob Martinson
In Memory of Robert Martinson, Jr.

A Heart to Help

The newest member of the Kadlec Medical Center Foundation Board is also the youngest. But despite a gap between the years of the other members, 25-year-old Anthony Wolf brings an important expertise to the board now and for its future growth.

Wolf's involvement began with his sponsorship of a hole at the annual Foundation Golf Tournament. "The big reason I got involved first with the golf tournament was that I knew the Foundation was a wonderful

charity and gave more than \$200,000 in grants each year to benefit the community. I knew that supporting the golf tournament was also supporting the work of the Foundation," said Wolf.

It wasn't long before Wolf was doing more than sponsoring a hole at the golf tournament; he was serving on the Board and bringing his background in financial planning to the Foundation.

"I did a lot of research before I



Foundation Board Member, Anthony Wolf stands in the new Kadlec garden. The Garden was made possible by over \$70,000 in donations to the Kadlec Foundation.

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HEALTHY
Foundations

Mature Beauties Bridge Club	Gerald & Jane Posakony	Joe & Jean Westsik	Jim & Stacy Hall	Beverly C. Karns In Memory of John F. Karns
F. Nadine McClelland	Paul & Merle Prevo	Joey Willis In Memory of Paul Willis	Will E. Kimball In Memory of Mary Ann Kimball	Barbara Kennedy
Sandra A. McFadden	Christopher & Susan Protzman	Robert & Lee Wykoff	Hannah M. Kuhn	Walter & Ethelyn LePage
Jeannine C. McShane	Alan & Kathy Rither	Miriam B. Zaragoza, MD, PSC	T.D. Lahiri, MD	Mr. & Mrs. John E. Nolan
Julie and Colton Meek	Charles M. Salina In Memory of Dr. Al Corrado	James & Dolores Zatarack	Gary & Catherine Louie	Northern Desert Cardiology
Marianne K. Meeuwssen	Jean Schalasky In Memory of Laurel May	Jui-Juan Zhang, MD, PhD	Merril Lynch Foundation	Richland Riverside Rotary Club
Helen Poisel Mennecke In Memory of Irene & Jim Foster In Memory of Selma & Byron Poisel	Ellen & Frank Schmittroth	Carl & Paulette Zuehlke In Memory of Alvin & Lottie Zuehlke & Paul DeConinck In Honor of Irene DeConinck	Carol L. Moreno In Loving Memory of Ann D. Regis Berry, RN	Washington Trust Bank
Charles Michael In Memory of Betty Michael	Carl & Lena Schock	H.A. & Catherine Zweifel	Derek J. Peacock, MD	Peggy Young In Memory of Kenneth L. Young In Honor of Debra & Joseph Perez
James E. Minor In Memory of Dorothy Ann Minor	Jane Schubert	Memorial Contributions Multiple Donors	Suzanne Richins, DHA	Benches
Nadine Mitchell	Shanna Schumacher	In Memory of Elizabeth (Betty) Hoff	Dave & Janice Roach	The Wing & Julie Chau Family Foundation
Thomas Moak In Honor of John Hansens	Betty Schumann In Memory of Elizabeth Encerti	In Memory of Marian McPeck	Dr. Vimal & Anita Sharma	In Honor of Kwong K. Chau & Yuet K. Cheung
Angela Mohondro	Maria Schwegel	Honorary Contributions Multiple Donors	Edward & Marguerite Shea	H.C. & Susan Kayser In Memory of Karen Hinman
Julijana Munder In Honor of Kathy Peters	Shelli M. Sickler	In Honor of our Father, Kenneth Jackson Kaye, Debbie, Scott & Mary	Dan & Dot Simpson Emma Stull In Memory of A. J. (Jim) Stull	Ramsey Plumbing & Heating, Inc.
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Pat Norris-Broadly	Kevin & Gina Strothmann	Gerri Bauer	Dick & Susan Yrjanson Elaine Yunker In Memory of Ralph & Dorothy Scudder	Dr. & Mrs. S.K. Wadhwa, MD
Dale & Vicky Oakley	Charles C. Sung, MD	Bechtel Womens Group	The Extended Nechodom Family In Memory of Louise M. Clarke "Nana", 1904-2003	Trellis
Brent L. O'Brien	John & Rosalie Swanson In Memory of Helen LaPorte	Howard & Betty Charnock In Memory of Dorothy Charnock & Bill Roake	Basalt Club Marjorie E. Armstrong In Loving Memory of Hobart J. Finch In Loving Memory of John S. Armstrong	The Wing & Julie Chau Family Foundation In Honor of Thomas F. L. Lee & Susan Shu S. Lee
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M. Eileen Perkins	Carmel A. Tjaarda	Harriet C. Colwell, RN	John & Walteen Corson	Fountain Kadlec Medical Staff
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Drs. John & Katherine Perry	Anna Turner In Memory of Mark Turner	Fred M. Foss, MD		
James L. & Laura M. Peterson	Harold & Dorothy VanTuyt In Memory of Mark Turner			
William & Rose Petrie	Chase Walters			
M. Pamela Phillips	Cindi Warburton			
	Mark & Meg Weiss			

started on the Board," said Wolf. "What I found was that in the last five years, the Foundation has really taken shape and has begun to have much greater exposure within the community. I saw it as a ground floor opportunity to help a Foundation that is poised for explosive growth and that I could bring my expertise to the board to help with that growth. I could fill a void on the board by being a representative from the financial planning industry."

Foundation Coordinator Rozanne Tucker, too, agrees that Wolf is playing an important part in the work of the Foundation. "Anthony has brought a unique perspective to our Board. We are especially

pleased to see the strong level of commitment that Anthony has for the vision and mission of Kadlec Foundation and the impact it will have on our community. Anthony is definitely an asset to us in the building and strengthening of relationships with our community members."

Since joining the Board, Wolf's work has included serving on the finance committee and working on The Garden Project.

"On the finance committee, I have helped rewrite the investment plan, bringing it up to date," he said.

"The Foundation is moving more and more toward seeking planned giving donations. It's important to have a solid plan in place."

Working on The Garden "has also been nice. It has been so well received and supported by the community," Wolf said.

According to Wolf, he sees his youth as an asset to the board. "I hope I have brought fresh, new ideas to the board, so that as the Foundation transitions to the next step we will be ready – whatever that next step is," he said. "Being younger than the other members has not been a concern. They are a great group of people who are inspired to give back to the hospital. It has definitely been worthwhile and the Foundation is a great thing to be a part of."



Tribute Gifts Honor Special People

Your gift to Kadlec Foundation in memory of a friend or loved one, or in honor of an extraordinary person who has made a difference in your life, is a very special way to create a lasting tribute that will benefit others for many years to come. Your tribute gifts are also an excellent way to honor special people during the holidays. We will send a card announcing your gift to whomever you wish. The amount of your gift will not be indicated.

You may use the enclosed envelope for your tribute gifts.

Mark Your Calendars: Auxiliary Poinsettia Sale Coming

Kadlec Medical Center's annual Poinsettia Sale is set for December 2 and 3 in the Cascade/Chinook Rooms on the fourth floor of the main hospital building. The sale is from 7 a.m. until 4 p.m. each day. (Enter through the South Lobby.)

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HEALTHY
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Have You Taken Care of You?

With so much going on in your life, it's easy to short-change yourself when it comes to taking care of some of the important issues in your life — such as your estate plan. How long has it been since you took a good look at your financial plans? Here are some things to look out for which may indicate you need to review or revise your estate plans.

■ **Your will.** Is it up-to-date? Does it name a guardian for your minor children? Does it name an executor and trustee that you are confident will carry out your wishes? Does it take into consideration any special medical or educational needs certain family members may have? Include provisions for long-term care?

■ **Births.** You probably will want to consider the needs of a new child or grandchild in your estate.

■ **Deaths.** The death of a spouse or another beneficiary can greatly affect your plan, as can the death of your executor, your children's guardian or your trustee.

■ **Change in marital status.** These changes could be by marriage or by divorce. And, it's not just in your marital status either — if your children marry, you may want to revise your plan.

■ **Moves out of state.** If you

move to a new state, your estate will be settled according to the laws of that state.

■ **Changes in estate composition.** A substantial increase or decrease in the value of your estate may throw your plan out of kilter.

■ **Business changes.** Certain business changes signal a time for an estate plan review. These include starting, buying or selling a business; death of a business partner; or entering into a buy-sell agreement that provides for the sale of your business interest when you die.

■ **Tax law changes.** On average, tax laws change every couple of years. Any changes may make your estate plan outdated.

The best way to keep your estate plan up-to-date is to review it on a regular basis. It's important to find a financial planner with whom you feel comfortable and can trust to help you take care of your finances now and in the future.

**Information provided by Washington Trust Bank.*



When Minutes Matter. . .

Rapid identification of the patient who is having a heart attack is a key factor in improving the outcome and reducing the death rate from heart disease.

Now, thanks to a \$20,000 grant from the Kadlec Foundation, the Medical Center and the paramedics in the field have a new tool in their arsenal to help heart attack victims: the use of the Lifenet Receiving Station which provides a critical link between paramedics and the Emergency Department at Kadlec.

With this device, paramedics are able to use cellular phones to rapidly transmit diagnostic quality 12-lead electrocardiograms (EKGs) to Kadlec. By reviewing this information, the Emergency Department physician can identify a heart attack victim prior to their arrival.

“By knowing a heart attack victim is coming in, we can mobilize a team of cardiac specialists even before the ambulance arrives. This will allow a more rapid delivery of thrombolytic (clot busting) drugs, heart catheterization or heart surgery,” said

Kadlec’s Roger Casey, RN, Clinical Educator. “This information can save between 15 and 20 minutes in the time a patient begins receiving appropriate treatment. Shortening time to treatment can significantly speed recovery after a heart attack and improve a patient’s chances of returning to a fully productive life.”

Richland and Kennewick Fire Department ambulances already have cardiac monitor devices capable of collecting, analyzing and transmitting EKG’s of patients while on the scene or enroute to the hospital. The new Receiving Station corresponds with that equipment.

With the installation of this equipment, Kadlec is the first hospital outside of Seattle to provide this service. It is estimated that Richland and Kennewick Fire Departments will transmit approximately 400 EKGs annually to the receiving station.

“Talk to Your Doc” Classes Provide Important Info

Take out a piece of paper and on the top of it write “My Health Care Team.” Now, make a list of all the people who you consider a part of your health care team. Who would they be? Physicians, family, pharmacists, others?

That’s just one of the many exercises and discussions you will walk through during the “Talk to Your Doc” class offered by Healthy Ages. The class will enhance your communication skills and provide you with tools to help maximize your office visit time. It’s interactive, helpful and a lot of fun.

A class has been scheduled for November 19th, 9 - 11 a.m. Reservations are required. If you want to sign up for this class or indicate your interest in future classes, contact Healthy Ages by calling the office at 942-2700 to register or drop us a note at healthyages@kadlecmed.org. Be sure to leave your name and phone number.

You can support the work of Kadlec Foundation by making a donation and returning it in the envelope provided.

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Congratulations to these Mall Walkers who have all reached important milestones!
Left to right, Laveda Brumfield - 10,000 miles, Marvin Nelson - 10,000 miles, Marilyn Ragsdale — 5,000 miles, Ray Gold - 5,000 miles, Stacy Brittain — 5,000 miles and Wanda Voss — 5,000 miles. Not pictured are Dixie and Tom Hutson — both 5,000 miles.