



Celebrating  
**95**  
YEARS  
of Purposeful Living  
in Retirement

# CAREGIVERS

## Guide

ISSUE 12, NOVEMBER 2021



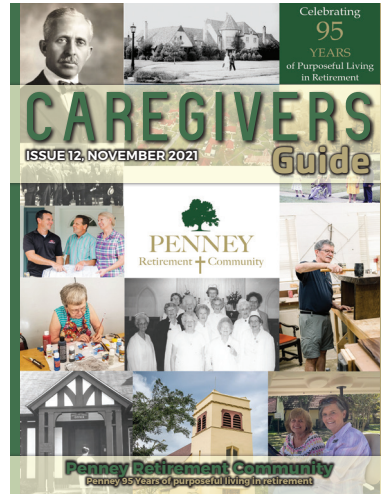
**Penney Retirement Community**  
Penney 95 Years of purposeful living in retirement



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Caregiver's Guide is published annually by Clay Today and Leader. Free copies are available while supplies last at all advertiser's locations and Clay Today office.



## Welcome

Being a caregiver is challenging and rewarding. As the nation celebrates National Hospice Palliative Care Month this November, we join healthcare professionals everywhere to honor and support the work caregivers do day in and day out. Our goal is that you find the information provided here as not only a comfort but a resource for the coming year as well as energize you, help in making decisions and assist you with finding the right resources for yourself or your loved one.

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# Continuing Care at Penney Retirement Community

*The Governor’s Gold Seal  
is awarded to nursing care  
homes based on their  
quality of care, financial  
stability and staff retention.*



## Wellness Clinic

Independent living residents can visit the Wellness Clinic staff Monday through Friday from 7am – 4pm. In addition to the numerous physicians that utilize our clinic space to see our residents, we have a full time nursing staff that can assist you with various medical needs.

## Nurse Responder

Residents can contact the nurse responder who makes house calls on a 24/7 basis.

## Rehab Services

Penney offers a full service rehab center that provides physical therapy, occupational therapy and speech therapy on both an outpatient and inpatient basis.

## Assisted Living

Beyer House and Penmor Place are our assisted living centers that provide care for residents who need individualized support and care. Both facilities are comfortable apartments, with 24-hour supervision, housekeeping, personal laundry service and assistance with activities of daily living as needed. Residents in assisted living can dine in the centers’ dining rooms or continue to dine in the main dining room.

## Hagen Care Center

Hagen Care Center is a residence for individuals with Alzheimer’s disease who require dementia care. Hagen offers 20 beds in a home-like atmosphere that simulates a small-town environment. Respite services are also available on a daily basis.

## The Pavilion for Health Care

The newly constructed Pavilion for Health Care has the capacity to serve individuals in need of short-term rehabilitation, as well as, those who need home-like 24-hour nursing care. The 50-bed Pavilion was designed with substantial input from Penney residents themselves. Our goal is to blend state-of-the-art skilled care nursing with individualized, loving care for our residents. The Pavilion for Health Care has earned the Governor’s Gold Seal Award for Excellence in Long Term Care for over 20 years.

*Call 904-284-5994 today for a tour  
or reach us at [www.VisitPRC.org](http://www.VisitPRC.org)*

# PENNEY 95 YEARS OF PURPOSEFUL LIVING IN RETIREMENT

In 1924, when the land of Florida Farms and Industries Company was being auctioned to the public, J.C. Penney purchased 120,000 acres of Clay County that stretch from Green Cove Springs to Starke. His original idea of farming this land changed and in 1926 Mr. Penney set aside 60 acres and erected twenty-two retirement cottages and Penney Memorial Church. These cottages were positioned around the church with is being then and continues today to be the heart of the community.

Penney Retirement Community spans just over 196-acres and is positioned in the center of the town of Penney Farms making up 85% of the town. With over 500 residents from all walks of life, Penney residents are actively serving within the community, for the town of Penney Farms and in various volunteer opportunities in Clay County.

As a Continuing Care Retirement Community (CCRC), Penney offers the full spectrum of living arrangements and care from independent living and assisted living to 24-hour skilled nursing care and memory care. Residents are guaranteed continuing care enabling them to relax in the knowledge that they will be able to live and age comfortably, regardless of their health care needs. This includes a full-service rehab center for short term rehabilitation, respite care for care givers and many other support services that enable residents to go no farther than their own campus for routine, as well as specialized, care.

In their early 70’s Steve and his wife Joyce began planning retirement for themselves researching communities where they could live in the same community as Steve’s mother who needed assisted living. Penney Retirement Community met all of their needs. Steve and Joyce moved into a beautiful home at Penney and his mother to a lovely assisted living apartment. By living in the same community Steve and Joyce cand readily walk to visit his mother, share a cup of coffee with her and have quality time together. They have peace of mind knowing they have easy access to her health care providers and find comfort in knowing she is well cared for.

Steve continues part-time work from home as a business consultant, serves on the Board of Directors at Penney, and assists the town of Penney Farms on their Zoning Committee. While this sounds like a great deal to do, Steve still finds time to meet new friends on the golf course or catch up with his lifelong friend Earl who also lives at Penney.

Steve and Joyce are one example of many who find Penney has so much more to offer than just a place to retire. We invite you to learn more about Penney Retirement Community as a place to enjoy a thriving retirement. Come for a personal visit. You will have a chance to tour homes, meet current residents and experience COMMUNITY in every sense of the word.





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## What is palliative care?

The moment a person is diagnosed with a disease or illness is life-changing for both patients and their families. Thanks to the tireless efforts of medical researchers, many conditions, including diseases like cancer, are now routinely discovered in their earliest stages, which greatly improves patients' prognoses.

While medical care typically focuses on treating and curing a disease or illness, sometimes patient care focuses on improving quality of life. Such care is known as palliative care.

### What is the goal of palliative care?

According to the Center to Advance Palliative Care, palliative care teams treat people suffering from the symptoms and stress of serious illnesses. Such illnesses may include cancer, congestive heart failure, chronic obstructive pulmonary disease, Alzheimer's disease, and Parkinson's disease, among others.

Alleviating suffering is the goal of palliative care. People with serious illnesses often deal with symptoms such as pain, depression, fatigue, and anxiety, and palliative care teams try to help them

overcome these symptoms so they can enjoy a better quality of life. Such care has been shown to have remarkable effects. In fact, the CAPC notes that a recent study published in the New England Journal of Medicine found that patients with a serious illness who received palliative care lived longer than patients who received no such care.

### Who forms a palliative care team?

Palliative care teams are made up of specialists who can tend to an assortment of patients' needs, including their physical, psychological and social needs. A palliative care team may include doctors, nurses and other healthcare specialists. The CAPC notes that palliative care teams routinely communicate with patients' physicians so everyone is on the same page.

Palliative care can be invaluable to people diagnosed with serious illnesses. Patients and their family members can discuss palliative care with their physicians and their healthcare providers. Learn more about palliative care at [www.getpalliativecare.org](http://www.getpalliativecare.org).







# THINGS TO KNOW BEFORE DRAFTING A LIVING WILL

During the prime of their lives, people typically don't give much thought to scenarios in which they become ill or are facing the end of life. Sickness and mortality are not easy conversations to have, but it is important for everyone to approach these heavy topics with close family members so that individuals can rest easy knowing their needs will be met if or when their health falters.

An advanced healthcare directive — also known as a living will — is a legal document in which a person lists the specifics of medical care and comfort actions they desire should the individual no longer be able to make decisions for themselves due to illness or incapacity. The legal advice resource Legal Zoom says the living will may list certain things, such as whether life support is desired or if

pain medication should be administered. A living will should not be confused with a traditional will, which is a legal document that explains wishes for financial and personal assets after a person dies. Living wills also differ from living trusts, which address how assets will be managed if a person becomes incapacitated.

A living will is not always a necessity if a person does not have strong feelings

about decisions made on his or her behalf while not cognizant. However, for those who do want to have a say in care, a living will is the best method for ensuring choices will be carried out. The following are some other questions people should ask themselves concerning living wills.

- Do I want to remove the burden of tough choices from my loved ones? A living will relieves grieving loved ones of the responsibility of making challenging decisions of invoking life-saving procedures or not — particularly

if they're not sure what you desire.

- Do I have firm feelings about life-saving methods? A living will allows you to spell out preferences on insertion of feeding tubes, if you want specialized hydration, if you want to be hooked up to life support if brain function is minimal, and a host of other scenarios.

- Is cost preventing me from drafting a living will? Cost need not be a factor in setting up a living will. You can download a free template from any number of online legal sources. Local hospitals often have forms as well, which can be notarized for only a few dollars. These forms are generally comprehensive and can help you answer all the questions and write in specifics.

- Have you selected a trusted person to carry out wishes? A health care proxy, according to the American Bar Association, is a person appointed by you with the authority to make decisions for you if you are unable to express your preferences for medical treatment. Together with the living will, the health care proxy, also called a durable medical power of attorney, can fulfill your wishes accordingly.

A living will is an important component of medical and estate planning.





## Early warning signs of Alzheimer's disease

Alzheimer's disease is an insidious illness that slowly robs individuals of their memories, personalities and relationships. The Mayo Clinic says Alzheimer's is a progressive neurological disorder that causes brain atrophy and cell death, which contributes to continuous decline in thinking, behavioral and social skills. This eventually affects a person's ability to live independently.

The most common form of dementia is Alzheimer's disease, which is believed to affect approximately 5.8 million Americans age 65 and older. While there currently is no cure for Alzheimer's disease and other dementias, there are strategies that can help mitigate symptoms. An ability to recognize dementia symptoms early can help millions take proactive steps to improve quality of life.

Below are some early warning signs of Alzheimer's disease, courtesy of notable health organizations, including MJHS® Health System, the Alzheimer's Association, Alzheimer's New Zealand, and the Mayo Clinic.

- Recent memory loss that affects daily life. While it is normal to forget where you left keys, names or even telephone numbers from time to time, a person with dementia may have difficulty remembering recent events or where they live.

- Personality changes. Individuals may begin to show subtle differences in their personalities, including mood swings. For example, a person who is easygoing may become reluctant to interact with others.

- Difficulty with familiar routes. A person with dementia may have regular difficulty driving familiar routes or finding the way home.

- Trouble finding the right words. Finding words to converse freely can be difficult for people with Alzheimer's. Such individuals may experience particular difficulty finding the right words to express their thoughts or identify objects.

- Disorientation with time. Someone with Alzheimer's disease may be confused about the time of day and what is appropriate for that time.

- Decreased or poor judgement. Individuals with dementia may make consistently poor decisions and may start paying less attention to their physical appearance.

- Difficulty following a plan. A person with Alzheimer's disease may have challenges solving problems, such as working with numbers, following a recipe or keeping track of finances.

Early signs of dementia may be confused as normal age-related changes. However, when such signs present themselves, it is critical to speak with medical professionals to get a clear diagnosis.



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## Balance caregiving and working

Even though thousands of trained professionals play vital roles in the care of the aging population, many of the unsung heroes of long-term care are the unpaid or informal caregivers who step in to provide assistance to someone they love.

A 2019 study published in the journal *Geriatric Nursing* found approximately 16.6 percent of the United States population age 18 and older self-identify as informal caregivers who provide care for adults with health conditions and disabilities. Assistance needs range from “old age” care requirements

for Alzheimer’s disease and related dementias to impaired mobility assistance. Furthermore, Assisting Hands Home Care says roughly six in 10 family caregivers also work full- or part-time.

While it can be a noble effort to step in and provide care to a friend or family member, caregiving can be time-consuming and emotionally and physically demanding, particularly for those who also are balancing careers and families. The Centers for Disease Control and Prevention indicates that while some aspects of caregiving can be rewarding, caregivers may be at increased

risk for negative health consequences, such as depression and difficulty maintaining healthy lifestyles. These effects may be exacerbated by stresses at work.

The challenges of managing caregiving and a career can be challenging, but it’s not impossible to perform both roles successfully.

- Use company assistance or benefits. Some companies have policies in place that enable a person to handle certain aspects of caregiving more effectively. These can include unpaid Family and Medical Leave Act leave, employee assistance counseling programs, flex time, and even telecommuting capabilities to coordinate work around caregiving.

- Speak with your employer. Employees should be honest with their human resources departments or supervisors about their roles as caregivers. Honest communication can help the employers understand the situations and perhaps find workarounds that will satisfy all needs.

- Get organized. Create a shareable family calendar so that everyone stays up-to-date about caregiving schedules, family

appointments, work responsibilities, and other pertinent events. Seeing responsibilities spelled out can help all parties involved divide time accordingly.

- Develop a safety net. Reach out to trusted friends or reliable neighbors who can step in during emergencies when work schedules cannot immediately be adjusted.

- Practice self-care. Self-care is crucial to ensuring a person has the energy to provide quality care to a loved one as while simultaneously navigating his or her career. Take breaks as needed.

- Consider professional care services. Relying on a home care agency or a skilled nursing facility can be a solution when a person needs to simultaneously work and care for a family member. Individuals also can look into respite care, which is a temporary care situation that enables informal caregivers to get a break for a set time. Respite care is offered through various assisted living facilities.

Informal caregivers can explore various tips for balancing careers with caregiving.



# Geriatric psychiatry provides support through aging

Many positive changes come with aging. Financial independence, freedom to pursue hobbies and more time to spend with loved ones are some such benefits.

But as men and women age, they also must give consideration to those changes few consider until they're happening. Retirement, loss of a spouse, distance from family, downsizing, and fears of illness must be given their due attention so aging adults can get the assistance they need when they need it. Geriatric psychiatrists can fill the gaps where others cannot.

The American Association for Geriatric Psychiatry defines the profession as a Doctor of Medicine or Doctor of Osteopathy with special training in the diagnosis and treatment of mental disorders that may occur in older adults. These disorders may include, but are not limited to, dementia, depression, anxiety, late life addiction disorders, and schizophrenia. Although geriatric psychiatrists can treat these and more, they also may help adults navigate emotional, physical and social needs that come with getting older.

The AAGP estimates that the rate of mental illness among older adults will double over the next 10 years from what it was in 2000. Many of the people treated will need assistance with symptoms of dementia. The organization Alzheimer's Disease International indicates there are more than 9.9 million new cases of dementia each year worldwide.

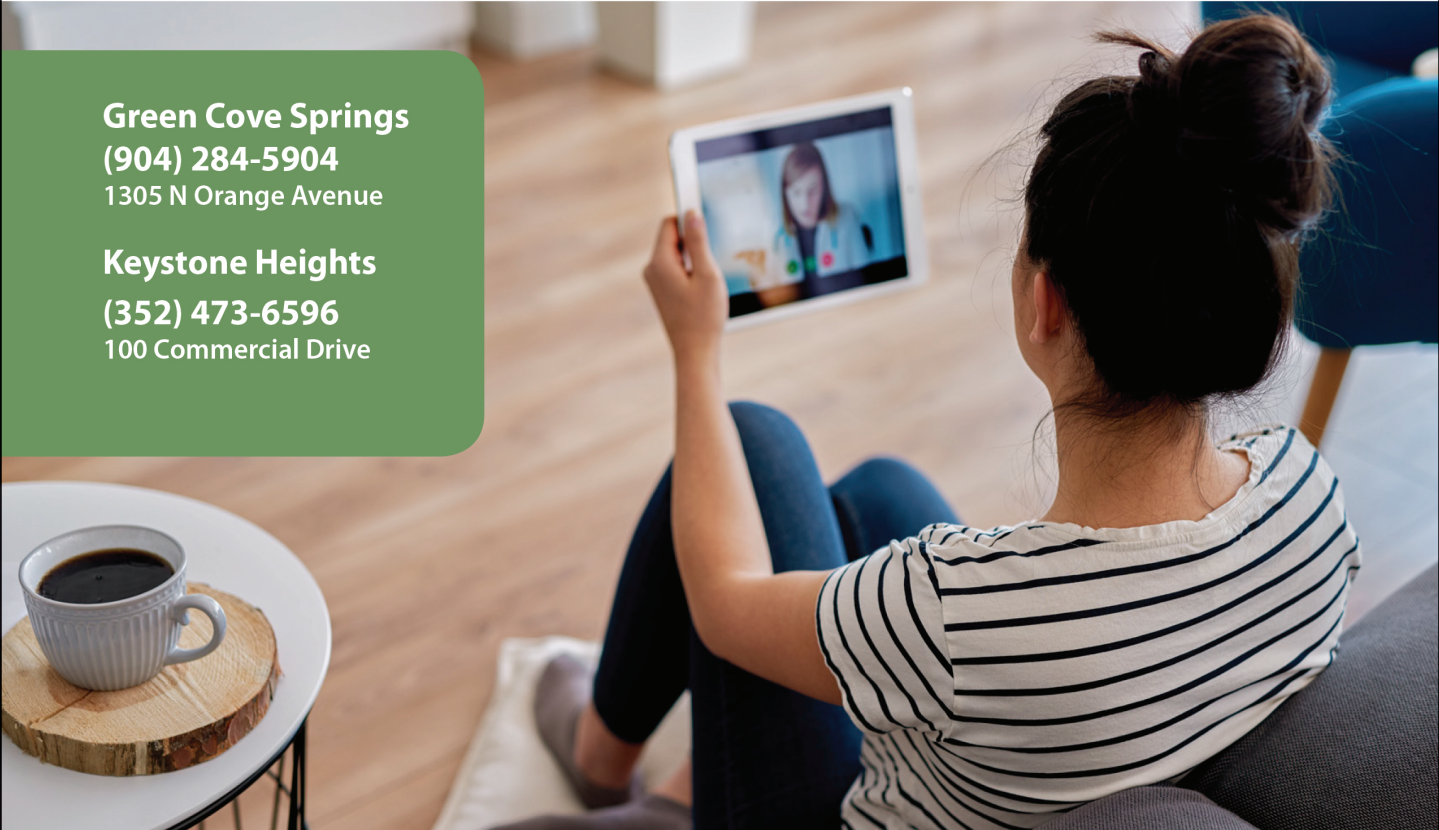


Geriatric psychiatrists can provide specialized care to this unique demographic. Geriatric psychiatrists often focus on prevention, evaluation, diagnosis, and treatment of mental and emotional disorders in the elderly, says the American Psychiatric Association, an advocate for improvement of psychiatric care for elderly patients. Geriatric psychiatrists understand how medication dosage and therapy treatments may need to be customized as one ages. These psychiatrists also can consult with experts in neurology and primary care physicians when there are symptoms across various fields, which may be the case when patients are experiencing memory impairment, anxiety and depression.

Geriatric psychiatrists suggest speaking with mental health professionals early on if symptoms of low mood, restlessness, insomnia, and other hallmarks of potential mental dysfunction are present in elderly patients. This way doctors can step in early and improve their quality of life.



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**Aaron Bivens, Managing Funeral Director** Aaron is a product of Clay County. After graduating from St. Johns Country Day School in Orange Park, he received his bachelor's degree in business administration. He says that serving his community as a licensed funeral director has been a lifelong dream. He is truly committed to serving families during their most difficult times.

**Burney Bivens, Licensed Funeral Director in Charge** Burney served 20 years in the USMC and the Navy. He has a bachelor's degree in mathematics and a master's degree in business management. As an attorney for 36+ years, Burney has represented several local funeral homes and their clients in all matters related to the funeral industry. He brings passion, commitment and dedicated service.

**Athiel "Josh" Jones, Funeral Services Associate** Josh served 25 years in the Navy. He served as a flight crew member flying reconnaissance missions in Vietnam. Josh has a bachelor's degree and a law degree. He has been an attorney for 37 years. Prior to moving to the First Coast, Josh worked as a contract negotiator and for the New York State Unemployment Insurance Appeals Board.

**Randy Frasier, Licensed Funeral Director** Randy is a lifelong resident of Jacksonville. Having worked in customer service at various financial institutions, Randy has also completed his training

in Mortuary Science and is now a Licensed Funeral Director. His experience and passion for customer service and working in this community has already proven to be a tremendous asset to our business and our clients.

**Kathryn Sterling (Katie), Funeral Director** Katie has funeral directing experience in Ohio and Pennsylvania. She relocated to Florida and joined our firm as a result of her U.S. Navy husband's service in Jacksonville. Her professionalism and customer service experience together with her attention to detail are a great asset to Aaron and Burney Bivens and to the community.

**Eddie Childs, Funeral Services Associate** This Navy veteran has lived and worked in the North Florida area for more than 20 years in various customer service positions. He and his wife are very active in their church and the community. Eddie is very passionate about the funeral services industry and has proven his support and passion for this establishment and our clients.

**Adria Bivens, Communications Director** Adria is a Clay County native having graduated from St. Johns County Day School in Orange Park and has both a bachelor's and a master's degree in communications. She is an asset, assisting our staff and families with all communications, obituary notices and outreach programs.

**Clarence Bryant, IT Director** With the advancement of computerized systems, information technology maintenance and administration has become a necessity. Clarence has many years of IT experience in the banking industry and brings that training and experience to Aaron and Burney Bivens. He has already proven to be a great asset to the smooth operation of our business.

Our administrative staff is led by **Barbara Bivens**, a retired teacher and 40-year Clay County resident. Having an experienced staff to assist the Funeral Directors and customers is very important and has proven very helpful.



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