



Brian Barrick  
Author, Consultant  
President, PCALIC

*Brian Barrick's*

# “THE CIRCLE OF SAFETY”

**ADULT CARE AWARENESS ADVISOR**

*News and Tips to Make Your Life Easier, Safer and Happier!*

*For Friends and Clients of PCALIC, LLC*

PO Box 933, Hanover, PA 17331·800-673-2558·www.PCALIC.com



**Become a fan of PCALIC by logging on to Facebook.**

### **Brian's Blog**

Brian recently just launched his online blog at:

<http://brianbarrick.wordpress.com>

Use this as a valuable resource for information on claims, risk management, and news in the Adult Care industry. Let us know if there is something you want to hear about by posting your own comments or e-mail Kathi at [kathi@pcalic.com](mailto:kathi@pcalic.com).

### **Follow us on Twitter!**

We recently just launched a Twitter account where you can track where we are and what we are doing to improve our services to you!

Name: BrianBarrick

**Need a username and password for the website?**

Contact Kathi at 800-673-2558 extension 113.

## **Weatherize Your Home for Autumn**

With cooler weather on the horizon it's time to think about ways to save on heating costs. Getting started now could save you hundreds of dollars later.

Most experts agree that caulking and weather stripping any gaps will pay for itself within one year in energy savings. Caulking and weather stripping will also alleviate drafts and help your home feel warmer when it's cold outside.

You may already know where some air leakage occurs in your home, such as an under-the-door draft that makes you want to put on socks. But you'll probably need to search to find the less obvious gaps.

Look between foundation and walls, and between the chimney and siding. Also inspect around the following for any cracks and gaps that could cause air leaks:

- Door and window frames
- Mail chutes
- Electrical and gas service entrances
- Cable TV and phone lines
- Outdoor water faucets
- Where dryer vents pass through walls
- Bricks, siding, stucco, and foundation
- Air conditioners
- Vents and fans

If you need to, you can hire an expert to come in to conduct a blower door test in your home. A blower door is a variable-speed fan with a frame and shroud that allows it to fit inside a variety of door frames. Pressure gauges determine airflow through the fan, as well as fan-induced pressure. The leakier a house, the more airflow required to induce a pressure difference. When used as a diagnostic tool, a blower door can also reveal the location of many leaks.

Once you know where the leaks are weather-stripping and/or caulking is a pretty simple task. The supplies are easy to find at your local hardware store and many larger stores offer classes on these and many other topics that can save you money in heating costs down the line.



## 8 Easy Tips to Protect Your Home & Business!

Your home doesn't have to be an open invitation to thieves; in fact, it can be the opposite. Here are ways you can make your residence one in which burglars will have no interest.

1. **Outdoor Lighting** -- Illuminate your home's entry points (doors and windows) and make sure the lights shine on the house, not in the eyes of any "observers."
2. **Burglar Alarms** -- For thieves, these alarms are a hassle, a big hassle, especially if the system is sophisticated.
3. **Landscaping** -- Don't give burglars hiding places. Trim bushes away from doors and windows, and at least two feet up from the ground.
4. **Doors** -- A strong lock installed in a weak door isn't a strong deterrent. Outside doors should be metal or solid hardwood and at least 1 ¾ inches thick. Frames should be made of equally strong material, and doors should fit their frames securely.
5. **Locks** -- The best bet here are deadbolts with heavy strike plates secured with three-inch steel screws.
6. **Marked Valuables** -- Make your property harder for thieves to sell, for example, by engraving an identifying mark such as your driver's license number on your valuables.
7. **Secure Windows, Sliding Glass Doors** -- Drill through the corners of the sashes of double-hung windows and insert a removable metal pin. Secure sliding glass doors with a dowel placed in the lower track and flathead screws in the upper track.
8. **Neighborhood Watches** -- Participate in or organize a neighborhood watch program. A decal placed on a window near the entry points of your home will convey to burglars that they possibly are being watched

## MANAGING DEMENTIA

Basic Dementia Guidelines by Frena Gray-Davidson.



Whenever I do staff training at care facilities, I always make time for a problem-solving clinic so that we can brainstorm new approaches to care issues staff are currently being challenged by. There is always a question which goes something like, "What do we do about combativeness?" My response is always to get the story. No longer to my astonishment, the story is almost always a version of, when we try to help Mr. Smith in the bathroom, he gets combative.

As a trainer, I don't like the word "combative", as used by staff, it usually means "I didn't do anything – it's his fault!" I turn this around and always ask the staff, "Okay, so what exactly did you do that frightened this resident?" And, the amazing thing is, they always know. Staff know what they do that evokes the fear response of hitting out **and yet they still do it**. That's the bit that amazes me. Usually, the hitting happens in the bathroom. A caregiver goes to help the resident with cleaning up after using the toilet or the shower. The bathroom is the most private place in our culture. We don't usually want or expect intervention. We must assume that our resident feels the same. Then – surprise! – in comes Suzie with the toilet paper or wash cloth and starts being very personal indeed.

Go back to basic guidelines. Take time to introduce yourself, get the permission of the resident to be there and, with that, get to work. While angling to get permission, NEVER ask a question that could evoke a no. Instead of saying "Could I help you with that, Mr. Smith?" try something like "Oh, if it's okay with you, do let me help you..." For some dementia reason, it is hard for a person to manage a NO to a roundabout offer. And often, friendly but meaningless chatter is soothing, non-challenging and doesn't alarm adults with dementia.

The showering situation is often, by the way, very frightening to the resident with dementia. No-one knows why. Did they forget water might come from the ceiling? Does their head hurt when the water hits? We don't know. We do, however, know that showering scares them. Always use a handheld shower, not the overhead. Start at the feet and work upwards. That way, the person isn't so unpleasantly surprised. Soothing talk is good here too. Most skin experts now suggest anyway that constantly showering is not very good for elders. A 3-times weekly shower can do the job better. With a sudden hygiene crisis, consider a half-body shower only.

**Special Offer: The best dementia care question wins you a free copy of Frena's new book and your question will be featured in a new Managing Dementia column. Email Frena at [frenagd@juno.com](mailto:frenagd@juno.com) with your questions and let her know where you read her column!**

*Frena is a 20-year Alzheimer's caregiver, author of four books on Alzheimer's caregiving including her newest book "Alzheimer's 911: Help, Hope and Healing for Caregivers." Support group facilitator, international workshop presenter, staff trainer and former care home manager. See her website at [www.alzguide.com](http://www.alzguide.com) and order her latest book from [www.alzheimers911.net](http://www.alzheimers911.net)*

# WELCOME!

We would like to welcome our recent new insured's:

A Doctor's Touch, Colorado  
Adela Crisan, Washington  
Adult Care of the Carolina's, SC  
Brilliant Care Home, LLC, AZ  
Country Acres AL, Maryland  
Creative Resource Solution, GA  
Dual Corporation, WA  
Eldercare for Life, AZ  
Elizabeth Reynolds, WA  
Fairwood Residence AFH, WA  
Fitinia Alagoz, OR  
Florica Nedelcu, WA  
Florin Bar, WA  
G-Sar Enterprise, California  
Glory Homes, WA  
God's Place-Massie Haven, Virginia  
Grace PCH Caring Hand, GA  
Hona's PCH, LLC, GA  
Jeremiah Housing, Inc, MD  
Kidist Ayele, WA  
Kimber Vaccher, OR  
Kimberly Communities, TN  
Lucas Hendrickson, OR  
MA Victoria Beltran Papa, WA  
Market Street Assisted Living, WA  
Melissa Smith, OR  
Nestor Tumambing, AZ  
Nystroms, LLC, Wisconsin  
Paraclete Group, Pennsylvania  
Patricia Kay Case, Michigan  
Paula Simon, Pennsylvania  
Sandra Phillips, Georgia  
St. Charles Place, LLC, AZ  
Stephen Magdadaro, Washington  
Valentina Costin, WA  
Zandrix Tello, WA

## Important Dates to Remember:



**September 7<sup>th</sup>--Labor Day**

**September 22<sup>nd</sup>- Autumn Begins**

**October 12<sup>th</sup>, Columbus Day**

**October 21<sup>st</sup>- 1<sup>st</sup> Annual Fall Symposium**

# Thank You! Thank You!

We would like to thank the following for referring their fellow friends and family to PCALIC for a quote:

- Luzviminda Hoff
- Annette Carter
- Isabelle Gaddie
- Viorika Prisak
- Floyd Abella
- Heidi Peterson
- Claire Patterson
- BMG AFH



**Remember:** Each individual who refers someone to us for a quote receives a \$5 Gift Card to Starbucks! This is a perfect way to enjoy your coffee on us.

## Take Your Facility To New Heights

October 21, 2009 8am-4pm

Wildwood Conference Center Harrisburg, PA

Registration Fee: \$30



*A GREAT DEAL!*

## Registration Form

Community/Company Name

Address

City

State

Zip Code

Contact Person

Phone #

E-mail

Contact Kathi Fuhrman for details- [Kathi@pcalic.com](mailto:Kathi@pcalic.com)



PCALIC, LLC  
P.O. Box 933  
Hanover, PA 17331  
Return Service Requested

PRESORTED  
STANDARD  
U.S. POSTAGE PAID  
MAILED FROM ZIPCODE 17331  
PERMIT NO. 38

"The price of this insurance helps the small business STAY in business in this economy!"

-Debra Westerhoff,

Pine Ridge

*Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has."*

*Margaret Mead*



## Inside This Issue...

Weatherize Your Home for Autumn .....Page 1

Managing Dementia.....Page 2 (series by Frena Gray-Davidson)

Protect your Home .....Sidebars

1<sup>st</sup> Annual Fall Symposium.....Page 3



Out page 3 and see how many individuals received free coffee just for talking about us!