

Care For The Aged Costly, But Essential

by Donna Behrend

They are few in number, but their care is one of the most important and time consuming endeavors a family can take upon itself. No, we're not speaking of babies or children, but the care of the elderly.

Selecting the type of care desired for an elderly person can be very difficult. Nursing homes, convalescent centers and homes for the aged are convenient because there is usually round-the-clock care. But, placing an elderly person in such homes can often confuse and disorient an old person. They often become unhappy and withdrawn.

The other alternative to nursing or guest home care, is to keep the elderly at home. But to find a compatible and reliable person to come into the home can frequently be difficult. This article is concerned only with outside care facilities and resources.

Upon checking with most of the care facilities in the Central Oregon area, Spilyay Tymoo discovered that the cost of daily care of patients only varies a few dollars one way or the other. Cost of the care depends upon the degree of necessary care. It ranges from light care, which is for those who can dress themselves and walk to the dining room, to heavy care, which is for those who are bedridden and cannot provide for themselves.

There are three nursing homes and one guest home in the Bend area.

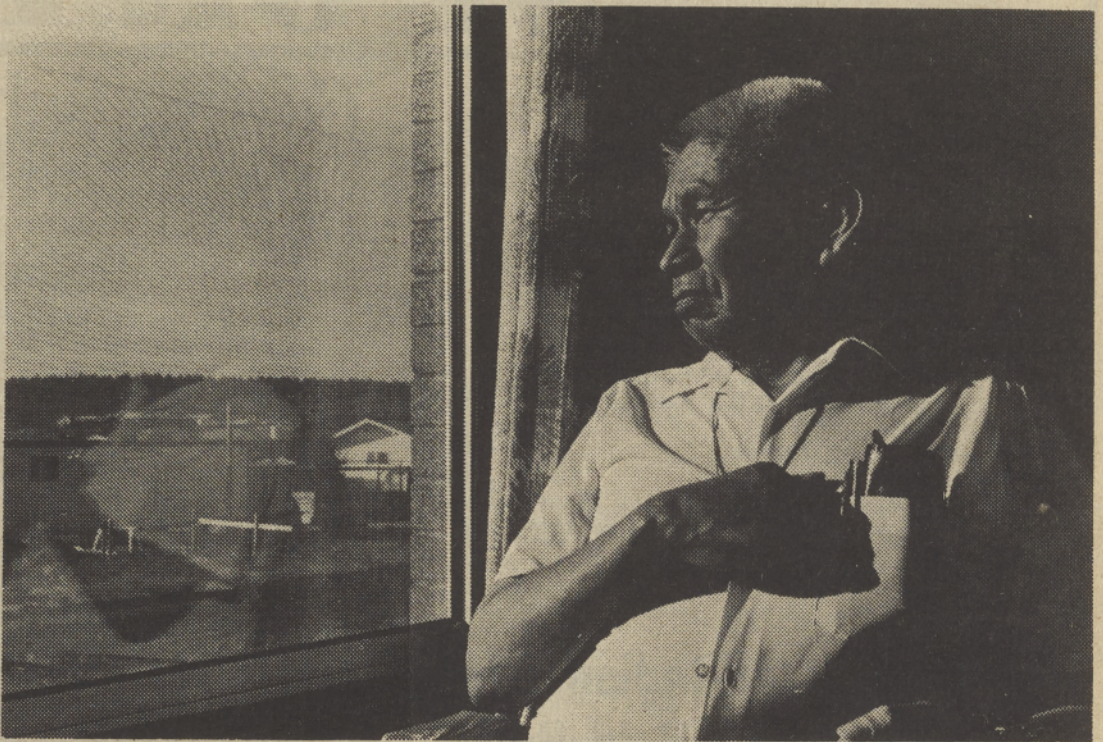
At the Bachelor Butte Nursing Center, there are 80 beds available. They have no waiting list and the cost for a private room is \$27, semi-private \$25 and three-bed ward is \$22.

Harmony House Nursing Home is another alternative. They have 18 beds but they have a waiting list of 20 persons. Their daily rate is \$20, but their administrator was reluctant to give any further costs.

Central Oregon Health Care Center is the largest in the area. As of March 15, they will have 99 beds but the administrator refused to give us rates because he thought the Confederated Tribes was investigating the possibility of a nursing home here on the reservation.

Lastly there is the Bend Guest Lodge. Their rate is \$350 per month, they have room for 10 guests and presently there is no one on the waiting list. They provide three meals per day and the guests must be well enough to care for themselves, walk to the dining room and be daily active. A foot doctor makes monthly visits to care for their feet.

In Prineville, the Pioneer Memorial Nursing Home is combined with the hospital. The nursing home is divided into two sections. One is Home for the Aged where the private rate is \$700 per month and semi-private rate is \$550 per month. The other section is for intermediate care and the private rate is \$820 per month and semi-private rate is \$795 per month. Intermediate



Sims Holliquilla, a young but disabled resident of Mountain View Nursing Home spends much of his time quietly in his room, which he has personalized with pictures and knick-knacks. CDS Photo

care is for those patients who are confined to bed or a wheelchair, and cannot do for themselves.

The other care facility in Prineville is Ochoco Nursing Home. They have 63 beds and accept persons who are retiring or those who are unable to care for themselves. Their daily rates

are \$27 for private room, \$25 for semi-private room and \$23 for ward care. They also have a \$22.13 daily rate for welfare patients.

In the Redmond-Terrebonne area there are two facilities for the elderly. The Redmond Health Care Center has 67 beds but only 58 patients. Their private daily rate is \$26.50, semi-private rate is \$25, and three-bed ward is \$23.50.

The Golden Age Guest Ranch in Terrebonne is not a nursing home, but a facility where ambulatory persons can live. Again, they must be able to come to the dining room to eat and to dress themselves. Their monthly rate is \$300, however they have no openings at the present time.

Mountain View Nursing Home in Madras presently has 32 beds. Their monthly rates are dependent on the degree of care required by each patient. Light care is \$614, medium care is \$675 and heavy care is \$730. They have a waiting list of 30 persons.

All the nursing homes have Registered Nurses on duty during day shifts. The fundamental care is the responsibility of nurses aides and most aides have an average of nine patients to care for. Most homes have doctors on call but each patient

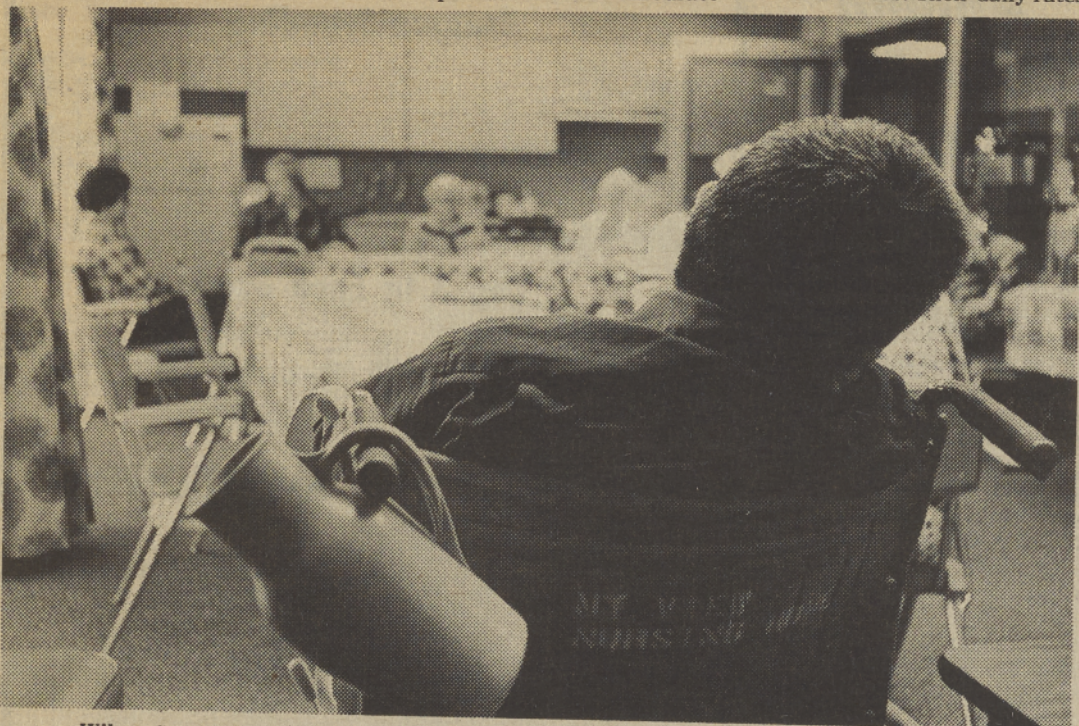
has his own physician who can be called in case of emergency. Visiting hours are open in all nursing homes. Immediate family can visit at any hour within reason.

They all have many activities planned for residents such as Bingo parties, Sunday afternoon church services and monthly birthday parties. They are frequently visited by Girl Scouts, Camp Fire Girls and kindergarten students.

The guest homes are independent of State Rules and Regulations and are not licensed. They have no doctors or nurses who make regular visits and for this reason, the guest must be well. The two in Central Oregon are operated by families and both have live-in housekeepers.

Costs can add up quickly and many families are concerned about expenses. According to Public Health Service Director Garet Soules, PHS provides Contract Health Care for the elderly in such cases as recovery following an illness. If an elderly person is placed in a nursing home by a clinic doctor, PHS will cover expenses. But, if only custodial care is necessary, PHS will not cover the expenses.

Coming up: Caring for the elderly at home.



Wilson Sam sat on the fringes of a COCC class in Indian history held once a week at the Mountain View Nursing Home. Unable to fully participate, Wilson was wheeled into the family room to be with other residents. CDS Photo

From The Tribal Drug Program . . . Caffeine Is A Drug

Caffeine is one of the most widely used stimulants in the world and it can be found in coffee, tea, cola drinks, chocolate bars, and cocoa. One cup of coffee has enough caffeine in it to keep a person hyper for approximately four hours. It has been estimated that the annual consumption of caffeine in the United States in the form of coffee alone is about 15 million pounds.

Caffeine is a drug which does affect the body — mainly the central nervous system, the heart, and the kidney. Because

caffeine is a stimulant, the function of the heart and central nervous system is increased. When caffeine is taken into the body it is done usually in the form of a liquid. It first goes to the stomach where it is slowly and incompletely absorbed into the bloodstream. Thus, absorption is delayed and occurs largely through the intestines. As a result caffeine is absorbed slowly, only about 25 percent in one hour.

Caffeine is freely and equally distributed throughout the total body water. Thus caffeine

is found in almost equal concentration in all parts of the body, including the brain. In the brain, caffeine is a powerful stimulant of nerve tissue. The earliest behavioral effects of caffeine are increases in mental alertness, a more rapid and clearer flow of thought, wakefulness, and restlessness.

Caffeine has a slight stimulant action on the heart. It makes the heart beat faster thus making the heart pump more blood per minute. Caffeine also affects blood vessels, sometimes making them dilate or contract.

In the brain the blood vessels constrict resulting in relief from certain types of migraine headaches.

In normal doses caffeine is not harmful, however once any stimulant is taken in excess, there follows a period of behavioral and mental depression. Socially, this can sometimes be seen in certain automobile accidents that may occur as a result of driving for prolonged periods under caffeine stimulation. If one stops drinking coffee, he may become drowsy and fall asleep while driving. Therefore

a person should be careful when any stimulant drug is used to maintain wakefulness or performance for prolonged periods.

How many of you have been around people who cannot start their day without a cup of coffee? More than once, right? In order to keep your caffeine intake you must be in control. If you cannot quit drinking coffee or if you cannot quit drinking soda, keep it at a minimum. A person should not drink more than four cups of coffee per day. It is up to you, it is your body and your health.