



CAREGIVER CONNECTIONS

Resources for Elders, Family and Professional Caregivers

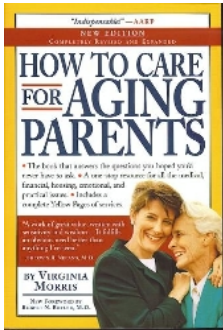
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Curl Up With a Good Book

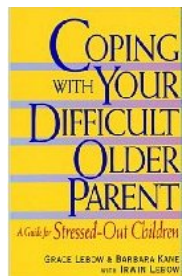


Many caregivers use their winter days to recharge their batteries through reading. There are many offerings in books about care giving but some are not worth your time. I have reviewed books like "Eldercare for Dummies or Elder Rage "and find them to offer little besides their sensationalized titles. The

books mentioned here, like the book above by **Virginia Morris**, have been read and recommended not only by myself but by family caregivers. Used copies are offered at Amazon.com at great discounts.

Taking Care of Parents Who Didn't Take Care of You by Eleanor Cade

offers readers compassionate and practical guidance to facing the psychological and emotional issues that arise when caring for aging parents. The result is a powerful and timely book that moves readers beyond anger, regret and grief in order to build healthy new family dynamics based on decency and mercy.



This is a common-sense guide from professionals, **Grace Lebow and Barbara Kane**, who have more than two decades in the field, on how to smooth communications with a challenging parent. Filled with practical tips for handling contentious behaviors and sample dialogues for some of the most troubling situations, this book addresses many hard issues, including:

- ⇒ How to tell your parent he or she cannot live with you.
- ⇒ How to avoid the cycle of nagging and recriminations
- ⇒ How to prevent your parent's negativity from overwhelming you.
- ⇒ How to deal with an impaired parent who refuses to stop driving and how to assess the risk factors in deciding whether a parent is still able to live alone.

Warm Up with Some Hot Jazz

Jean-marie Corrois Jazz Quartet Tuesday, January 12th at 7PM

Percussionist, Jean-marie Corrois and his jazz quartet perform songs from Jean-marie's newest album *Kaya*. Jean-Marie's band won the "best composition" 1st prize at the famous New Morning jazz club in Paris.



Classical Pianist, Maya Hartman Thursday, January 21st at 2:30PM

Noted for her brilliant performances of contemporary music and of the classics, Maya Hartman is a pianist of wide ranging interests and experiences. Her performance will include works by Noam Sivan, Rachmaninoff, Ligeti, Haydn and Chopin.

The two FREE events above will be held at Goddard House, 165 Chestnut Street, Brookline. RSVP is required. Call 617-731-8500.



The Neal Perry Duo – Sax and Piano Wednesday, January 6th at 2:30PM

Join us for an afternoon of fun music with the Neal Perry Duo, a lively combo of sax/flute/clarinet and piano. Neal Perry plays the best jazz, swing, show tunes, and traditional Irish, Italian, and Americana songs. Come with requests, and get ready to sing!

Singer John Kelly Monday, January 25th at 2PM will sing funk, blues, rock, pop, jazz and hip-hop!

These last two FREE events will be held at Goddard House, 201 So. Huntington Ave, Jamaica Plain. RSVP is also required. Call Ms. Amadi, Recreation Director at 617-676-6404

Welcome to the National Caregivers Library

The *National Caregivers Library* is one of the most extensive libraries for caregivers that exist today. Hundreds of articles, forms, checklists and links to topic-specific external resources are organized into logical categories on the side of each page. Click any category for a list of sub-categories, articles and other resources. Simply continue "drilling down" until you find what you need.



Click "[Free Tools](#)" for quick access to several of the most popular articles, reports and tools in the library or go to www.caregiverslibrary.org

Caregiving on Community TV

Remember to watch **Agewise** on BNN-TV every second Tuesday of the month at 2:30PM. Family Care Advisor **Leslie Ahern** and her husband **Paul Antokolsky**, who is a elder care specialist, host their one-hour TV show "**Taking Care**" Live every **Wednesday at 6PM** on Comcast channel 9 and RCN channel 15. The program is repeated on Friday at 10AM and Sunday at noon. Repeats can also be watched online by going to www.bnntv.org



Caregiver Support Groups

Join other caregivers for refreshments and discussion in a caring, relaxed, and confidential setting on a monthly basis. Everyone is welcome and **there is no charge**. However, we ask that you pre-register first.

"Smoother Sailing" Alzheimer Education Group

This free monthly group will meet on **Monday, January 4, 2010 at 6PM** at the Boston Center for Rehabilitation in West Roxbury. Call Family Care Advisor, **Leslie Ahern at 617-477-6676** to pre-register.



The group provides support and education about dementia and the Alzheimer's disease process. We will learn behavioral techniques called Habilitation therapy. We will problem solve how to manage challenges like bathing, eating, toileting and anxiety. Our goal is to make "smoother sailing" of your every day care. We also will look at therapeutic activities to brighten everyone's day. **"While we can not stop the stormy winds of dementia diseases, we can learn together how to better adjust our sails".** ©

LGBT* Caregiver Support Group

This group usually meets the first Monday but Please contact Joanne Peskowitz at **(617) 271-4182** for exact dates.

*Lesbian/Gay/Bisexual/Transgender

"Taking Care of Me" Support Group (Due To Holiday 1-18)

The group will meet **Tuesday January 19, 2010 at 6PM** at the Boston Center for Rehabilitation in West Roxbury. It is accessible by MBTA and there is free parking. Contact: **Leslie Ahern at 617-477-6676**. Group usually meets the third Monday of the Month.



Please note all services are provided free and no income verification is required. For more information or to receive this newsletter monthly, please contact: **Leslie Ahern**
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