



CAREGIVER CONNECTIONS

Resources for Elders, Family and Professional Caregivers

SPONSORED BY ETHOS AND THE CAREGIVER ALLIANCE OF SUFFOLK COUNTY

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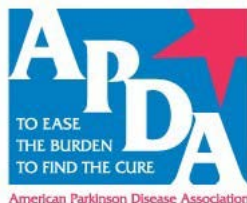


"Health Care Reform and Medicare: How will the Changes Affect You?"

President Obama has been vigilant in his efforts to reform our country's health care system. However, many if not most Americans are not sure how they will reform it and what that will mean for them. **Age well West Roxbury** will be helping to answer some of your questions by bringing **Dr. Larry Diamond** to you through their wellness speaker series on **March 16, 2010 from 12:00 - 1:15 PM. Call Cathy Slade 617-477-6616** to pre-register and to get location/directions for this free program.

Parkinson Education Program

This event is free-of-charge, but registration is required. Call the information & Referral Center at **(800) 651-8466 to RSVP.**



**Boston Marriott Newton
2345 Commonwealth Avenue
Newton, MA, 02466**

**Tuesday, March 9, 2010
10:00 AM to 12:00 PM**
A breakfast buffet will be served.

**Treatment Updates in Parkinson's Disease
Samuel A. Elias, MD, PhD**

Visit their website at www.apdama.org

Seniors in Art

The Roslindale Arts Alliance is now accepting submissions for an upcoming May 2010 art exhibit "**Seniors in Art**". This exhibit curated by **the Roslindale Arts Alliance** is planned as part of the annual **Ethos Senior Palooza** celebration.



The exhibit will be shown at the West Roxbury Public Library during the month of May. There will be a well publicized reception on **May 6, 2010.**

SeniorPalooza is Ethos' way of honoring the older Americans in their community and supporting their continued vitality. Seminars, demonstrations, and other educational events held throughout the month of May provide a wealth of opportunities for elders, their loved ones and caregivers to learn about the many resources available for home-based care.

SeniorPalooza is not just for seniors. Younger people of any age are welcome to attend the events and get to know the seniors in the community or volunteer time and talent. Get more information by clicking here. [Senior Palooza](#)

Artists may submit art in any medium for consideration that contains the **subject matter** of Seniors. All work can be for sale at the artist's discretion with a 50/50 split between the artist and Ethos. Artists should send jpegs (300 resolutions) of work to be considered to janice@artfulgift.com or call **617-710-3811.**

We would like to thank **Cheryl Levin** of Roslindale for the lovely photograph featured on top of this column.

Caregiving on Community TV

Remember to watch **Agewise** on BNN-TV every second Tuesday of the month at 2:30PM
Hosts Leslie Ahern and Paul Antokolsky



“Taking Care” (www.takingcare.tv) airs live every **Wednesday at 6:00 PM** on **Comcast channel 9 and RCN channel 15**. The program is repeated on Friday at 10:00 AM and Sunday at noon. Here is the line-up for March.

March 10th: Helping Seniors with Substance Abuse:

Substance Abuse can be "hidden problems" for seniors. **Palmer Paige**, Stabilization and Substance Abuse Counselor from Kit Clark along with a participant in recovery

March 17th St. Patrick’s Day Shenanigans with Leslie and Paul.

March 24th: Preventing Falls:

Preventing falls is one of the most important health-saving actions you can take. Kit Clarks’ **Denise Banks**, Matter of Balance Master Trainer and **Margo Kelly, RN** Home Care Clinical Supervisor

March 31st The DiRado brothers Photographic Tribute to their Dad who recently died from Alzheimer’s disease. Don’t miss these talented artists and caregivers

St. Patrick’s day Sing-a-long Concert

Wednesday, March 17th at 2:00pm

Join in the fun this St. Patrick’s day as Megan Henderson from Winsor Music plays and sings all your favorite Irish tunes. Please **RSVP to Ngozi Amadi, Recreation Director at 617-676-6404** **Free and Fun thanks to the** Goddard House Skilled Nursing & Rehabilitation Center in Jamaica Plain
www.goddardhouse.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**. We ask that you pre-register first.

“Smoother Sailing” Alzheimer Education Group

This free monthly group will meet on **Monday, March 1, 2010 6PM** at the Rehabilitation Center 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

The group will meet Monday, **March 15, 2010 6PM** at the Rehabilitation Center 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 Family Care Advisor 617-477-6676**
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