



# CAREGIVER CONNECTIONS

Resources for Elders, Family and Professional Caregivers

SPONSORED BY ETHOS AND THE CAREGIVER ALLIANCE OF SUFFOLK COUNTY

Volume 7, Issue 3

November 2009



## November is National Caregivers Month

Every November the President of the United States proclaims November to be National Family Caregivers Month (NFC Month). Family caregivers are the country's largest and most critical providers of long term care. The month of November is designated as a time every year to thank, support, educate and celebrate more than 50 million family caregivers across the country currently providing an estimated \$306 billion in "free" care giving services.

The National Family Caregivers Association is also offering **two free** important informational trainings by both web and phone. The first called **Safe & Sound: How to Prevent Medication Mishaps** on Thursday **November 12, 2009 at 2.00 PM EST. Free by telephone or online.**

Bad reactions to medications result in over 100,000 deaths a year. If you are caring for a loved one who is; elderly, taking multiple medications, seeing more than one doctor, or suffering from multiple illnesses, your loved one may be at risk. You will find answers to these and other questions:

- When are medication problems most likely to occur?
- What can I do to minimize risks associated with medications?
- What are the questions I should ask doctors and pharmacists?



For More Information email: [Teleclass@thefamilycaregiver.org](mailto:Teleclass@thefamilycaregiver.org) or call: 1-800-896-3650.



On Thursday, **November 19, 2009** the **NFCA and Home Instead** will be offering a Family Caregiver Web Conference called **Senior Care Solutions and Potential Pitfalls at 7PM EST.**



If you are concerned or have questions about...

- Your senior's well-being today and beyond
- How to identify what your loved ones need
- Care pitfalls to avoid
- Talking with your parents about their options
- How to help your parents plan for the future
- Resources and assistance

This will be a 30-Minute Presentation followed by a question and answer period. If you do not have speakers for your computer, you can listen to the audio by calling **(877) 271-1862** and entering conference number **35800829**



Join us This Fall

**Ethos and the Caregiver Alliance**

is hosting the following events in support of Caregivers. All the events are free but you must call the person indicated to pre-register.



On **Monday, November 23, 2009** from 2-3PM **Leslie Ahern** will be giving her presentation on **Building Resiliency for Caregivers and the rest of us**. What is resiliency? Are you born with the ability to "bounce back" or "roll with the punches" or is it a quality you can learn and develop? Come find out how resilient you are?



This event will be in partnership with **Age Well West Roxbury** and held at the District 5 police station community room in West Roxbury. Please call **Cathy Slade** to pre-register at Ethos **617-522-6700x 316**. Here is a preview of the program that is always fun and very helpful as we near this time of year.

**Making Your Holidays More Fun and Less Stressful**

will be presented **December 7, 2009** at the **LGBT Aging Project's - Women's Out to Brunch** event which will be held in the Roslindale House on Popular St. in Roslindale at noon. You must register by emailing [Outtobrunch@gmail.com](mailto:Outtobrunch@gmail.com) or by calling **617-522-6700 x306**. Suggested donation is \$1.75.



**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 an elder care specialist host their one-hour TV show **"Taking Care" Live every Wednesday at 6:00 PM** on Comcast channel 9 and RCN channel 15. The program is then repeated on Friday at 10:30 AM and Sunday at noon.



**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, November 2, 2009 from 6:00 -7:30 PM** at the Boston 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, November 16, 2009** at 6:00-7:30 PM in the Boston Rehabilitation Center in West Roxbury. It is accessible to MBTA and there is free parking. Contact: **Leslie Ahern at 617-477-6676**. Group usually meets the third Monday of the Month.



For more information, please contact:  
**Leslie Ahern**

**Family Care Advisor**

ETHOS, 555 Amory Street, Jamaica, Plain, MA 02130  
617-477-6676 [www.caregiveralliance.org](http://www.caregiveralliance.org)

[www.ethocare.org](http://www.ethocare.org)  
Lahern@ethocare.org