



# CAREGIVER CONNECTIONS

Resources for Elders, Family and Professional Caregivers

SPONSORED BY ETHOS AND THE CAREGIVER ALLIANCE OF SUFFOLK COUNTY

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## National Caregiver 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 group of providers of long term care. The month of November is designated every year as a time to thank, support, educate and celebrate more than 50 million family caregivers.

Ethos and Caregiver Alliance come together with other agencies serving caregivers by participating in and co-hosting events in support of caregivers. All the events are free, but you must call the person indicated if you need to pre-register.



**Caregiver Respite Discussion at the Great Hall, State House, Boston at 9:30 am to noon on Nov.9, 2011.**

This event is co-sponsored by the **Massachusetts Lifespan Respite Coalition, Executive Office of Elder Affairs, and Department of Developmental Services.** This is a free event and you can register online at <http://onevoiceforcaregivers.eventbrite.com>

You can also call Joan Rafferty at MA Lifespan Coalition at (781) 693-5156.

## VA Caregiver Resource Fair

Caregiver Alliance is happy to be part of the Veterans Info Fair event. They are unveiling many more **new** caregiver support services being offered to veterans. You can read about them at their new website: [www.caregiversupport.va.gov](http://www.caregiversupport.va.gov) or you can come down and say Hi on **Tuesday November 29, 2011.** The **Caregiver Alliance** will have a table there from **11 am to 1 pm.** We will have advisors that speak Spanish, Russian and Haitian Creole. Come to the Barsamian Building 1, on the 3<sup>rd</sup> floor, at the West Roxbury VA, situated on the corner of the VFW Parkway and Spring St. in West Roxbury.



## More Joyful and Less Stressful Holidays



Caregivers don't get caught in the trap of having too much to do for too many people with too few resources. Join us on **November 22, 2011** for a

lunch hour class for caregivers at Executive Office of Elder Affairs and on **December 6, 2011** at **Boston City Hall** in the Piemonte Room, 5<sup>th</sup> floor, from noon to 1 pm. Take an hour for self-care. Bring you lunch and meet with others for a discussion on strategies for coping with the Holidays this year. The discussion will be lead by **Diane Christopherson** from **Beacon Hospice.** The programs are free but please call **Betsy Downton 617-635-3979** for directions and to pre-register.

## Caregivers Holiday Guide

The caregivers' guide starts out with a very useful stress assessment tool by **Michael Plontz.** His little graph will help you figure out your holiday priorities.



- **Coping with Holidays as a Caregiver** by **Brenda Race** is a sensitive look at how to keep a frail loved one feeling safe and secure while still joining in the decorating and celebrating.
- **Jennifer Buckley** tells caregivers **The Ten Top Ways to Care for Yourself During the Busy Holiday Season.**
- **Sherri Issa** shows us how to keep fun and play in the holidays in **Fun-Damental Holiday Stress Busters.**
- **Emily Carton's Long Distance Care Giving during the Holidays** is a very thorough guide for looking out for a loved one from a distance.
- **Home for the Holidays** is **Janice Wallace's** wonderful guide for assessing an elder's ability to care for themselves during your visit home.
- **How to Laugh When You Don't Feel like It** by **Leslie Ahern** and **Paul Antokolsky** reveals a technique of reducing stress with laughter exercises.
- **Call Leslie Ahern to get your free copy of the guide while supplies last at 617-477-6676.**

## Choices for Caregivers

Caregiver Homes™ is an adult foster care program that enables families to provide high quality, 24-hour in-home care for elders and disabled adults in



need of physical care and supervision at home. Caregiver Homes™ trains caregivers for the full-time work of caring for a frail elder or disabled adult, and supports them every step of the way.

Through the support of a Registered Nurse and a Care Manager, many elders and disabled adults, can stay at home with familiar surroundings, routines, and people. It can be a healthier choice, and more affordable than most may think.

Whether someone wants to become a paid primary caregiver for a frail elder or disabled adult, or prefers to have a family member matched with a dedicated, carefully screened caregiver, the results are the same: a loved one continues to live with dignity in a home setting with access to care that promotes health and quality of life and keeps them connected to family and the community. Adult foster care is a MassHealth program and the payment (tax free) received by the caregiver varies according to the needs of the recipient. You can call **Caregiver Homes at 866-797-2333** or visit their website [www.caregiverhomes.com](http://www.caregiverhomes.com). There is a range of organizations that provide the training and support for Adult Foster Care. This provides caregivers more choices for finding the best matches for their location and care giving needs. **Call Boston Elder INFO, 617-292-6211** for the programs servicing your area

## Care giving on Community TV

“Taking Care” ([www.takingcare.tv](http://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**. You can also watch this show on your computer by going to [www.bnntv.org](http://www.bnntv.org), and watch Channel 9 at the show times mentioned.

## 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 do ask that you pre-register first by calling Leslie

### “Smoother Sailing” Education and Support Group (First Monday of the Month)

This free monthly group will meet on **November 7, 2011, December 5, 2011 and January 9, 2012** at the **Spaulding Nursing & Therapy Center** at 1245 Centre St. in West Roxbury at **6-7:30 PM**. (Formerly the Boston Center) **The group is open to ALL Caregivers.**



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 and other diseases, we can learn together how to better adjust our sails”.** ©

### “Learn Powerful Tools for Caregivers”

We are forming free Powerful Tools classes that are designed to provide you—the family caregiver—with the skills you need to take care of yourself. In six sessions you will learn to:

- Reduce stress
- Improve self-confidence
- Balance your life
- Better communicate your feelings
- Increase ability to make tough decisions
- Locate helpful resources



We will be forming a day time class and a 6 pm class for caregivers. Call **Leslie Ahern 617-477-6676** for information and locations.

### LGBT Caregiver Support Group

This group is for lesbian, gay, bisexual and transgender caregivers. Contact Joanne Peskowitz at **(617) 271-4182** for exact dates.



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 LAhern@ethocare.org**  
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[www.ethocare.org](http://www.ethocare.org)  
[www.caregiveralliance.org](http://www.caregiveralliance.org)