



CAREGIVER CONNECTIONS

Resources for Elders, Family and Professional Caregivers

SPONSORED BY ETHOS AND THE CAREGIVER ALLIANCE OF SUFFOLK COUNTY

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A Day of Resources & Relaxation

Each year I hear such raves about “Caregivers Day.” The men say that” the caregivers support group for men was the best, for the first time we felt they really understood caregiving from a mans’ perspective. The women love networking and the experts in the relaxation room

Ethos is delighted that HESSCO Elder Services is continuing its tradition of offering caregivers a day of Resources and Relaxation. The day will be on **September 15th** at the **Four Points by Sheraton in Norwood** from **8:30AM to 2:30PM**. The format has caregivers attend a general welcome session and then choose from several topics for the two additional educational sessions. Throughout the event, HESSCO will have the Relaxation Room in full swing. Caregivers can sign up to receive the benefits of many relaxation therapies and healing arts

The educational sessions will offer a variety of topics that caregivers will find helpful for their day to day living. During the welcome session, **Kathy Heery, MS, RN, CCM, Clinical Director at Right At Home** will start the day with her talk **“Five Lessons I learned as a Family Caregiver”**.

Additional educational sessions that will be offered are:

- Legal Issues for Caregivers
- Men as Caregivers
- Support Living and Coping with Memory Loss
- Resident Rights in Long Term Care
- Changing Attitudes in Alzheimer’s Care: Getting Into the Personhood
- How Can Consumer Directed Care Give You Control and Flexibility?
- Multiple Round Table Discussions:
- Grandparents Raising Grandchildren
- Understanding State Home Care
- Gardening for Stress Relief
- When Family Members Refuse Care



Throughout the event, many professional organizations and service providers will have tables with information and resources as part of an exhibitor fair. Caregivers will enjoy a buffet lunch provided by Four Points by Sheraton. **The fee for caregivers is \$10.00.** To register, please contact Sheryl Leary, Family Caregiver Specialist at **781-784-4944** or email her at sleary@hessco.org.

I am looking forward to it and will be glad to save you a seat at lunch. Remember, if you think you would need scholarship funds to pay for someone to stay with your loved one (respite) in order for you to go, please call me **Leslie Ahern- 617-477-6676.**

Laughing Your Stress Away

Caregivers and seniors alike, join us at 2:00 PM on **September 22, 2010** at **Cheriton Grove Apartments** to learn how to do gentle



stretches and laugh your stress away. Ethos’ family care advisor, **Leslie Ahern** is also a **Certified Laughter Yoga Teacher (CLYT)**. All exercises can also be done while sitting. Have fun while melting those tensions in your neck and shoulders. Learn proper deep breathing techniques which will get your laughter motor going. The class is free but you must pre-register and get directions by calling Leslie at **617-477-6676.**

Caregiver Education and Support Group Forming at Harvard Vanguard



This Monthly group will offer support and education for family caregivers. Members' interests will always be given priority. The following are some of the topics that can be explored.

- Caregiving 101
- Building Caregiver Health and Resiliency
- Balancing Elder Care and Work
- Maintaining Caregiver Wellness
- Communicating Effectively with Dementia Sufferers.
- Understanding Activity- based Alzheimer Care
- Managing Your Care giver Stress with Laughter Yoga
- The Emotional Rollercoaster of Being A Caregiver
- Financial and Legal Primer
- Safe, Successful and Sane Holidays.

The group will meet on the fourth Tuesday of the month .The first meeting will be on **September 28th** at 6 PM at the Harvard Vanguard Clinic at 291 Independence Drive in West Roxbury. **The class is free but you must pre-register by calling Leslie Ahern at 617-477-6676.**

Taking Care on Community TV

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 and press 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 ask that you pre-register first.

“Smoother Sailing” Alzheimer Education Group

This free monthly group will meet on **Monday, September 13, 2010 (due to Sept. 6 holiday)** at the **Boston Center for Rehabilitative and Sub-Acute Care 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, September 20, 2010 at 6PM** at Boston Center for Rehabilitative and Sub-Acute Care in West Roxbury. It is accessible by MBTA and there is free parking. Contact: **Leslie Ahern at 617- 477-6676.**



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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