



CAREGIVER CONNECTIONS

Resources for Elders, Family and Professional Caregivers

SPONSORED BY ETHOS AND THE CAREGIVER ALLIANCE OF SUFFOLK COUNTY

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Spring into Action

The March sun is finally melting the last vestiges of those huge piles of snow that covered our communities since Christmas. It is safe to venture out, and Ethos and its AgeWell West Roxbury program are putting on many classes and events that will make it well worth it for you.

New classes of **My Life, My Health** which will help you manage your chronic disease (or that of a loved one) and take more control of your health. Topics include healthy eating, exercising, effective communication, and relaxation techniques. The classes are held for six weeks. There is no charge but to you must sign up by calling our Healthy Aging Program coordinator, **Meelynn Wong at 617-522-6700x 399.**

Moving for Better Balance with Tai Chi

Classes will begin this spring. This gentle exercise program has been shown to improve balance and reduce falls in seniors. The exercise program can be done either sitting or standing. Tai chi is thought to provide other physical and mental benefits contributing to healthy aging. A typical class meets once or twice a week for twelve consecutive weeks. There is no charge for the class but you must pre-register with **Janice Williams at 617-477-6616.**



Come to the new **AgeWell Café** at noon on the third Tuesday of every month. You will enjoy a hot lunch and hear a different guest speaker each month. This will be held at the community room at **Spring Street Apartments** at 25 Spring St. in West Roxbury .**RSVP to 617-477-6694.**



Thank You Mickey

Elder abuse is an insidious family secret that exposes elders to pain, suffering and even death for three and half million Americans. Many think that elder abuse is something that happens to other people and not in successful upstanding families. Elders keep silent due to their own sense of shame and fear of increased abuse. Mickey Rooney, now 90 years old was not immune to the feelings of shame but overcame them so he could testify before Congress about the size and severity of abuse.



Mickey Rooney testified that, "You can be in control



of your life one minute, ladies and gentleman, and the next minute, just like that, you have absolutely – believe it or not – no control of your life. Sometimes this happens quickly, but

other times it's very, very gradual. You might wonder when all this truly began. In my case, I was eventually and completely stripped of the ability to make even the most basic decisions. "Where do we go, or what do we do?" "

Elder abuse comes in various forms: outright physical abuse; caregiver neglect, when you don't get the care, services and treatment you pay for at home; emotional abuse; and financial abuse, which is what Rooney talked about – having your life savings stolen by swindlers or people you trust. Rooney spoke of his stepchildren, saying that when they were supposed to be taking care of their mother and Rooney, they embezzled nearly a half million dollars. (They also put a lock on his refrigerator, gave him just one pair of shoes, and also stole his Oscar and Emmy awards. "If it can happen to someone well known like myself, it could be happening to someone you know. Help them." In Boston the Elder Protective Service is housed at Ethos and you can speak anonymously by calling **617-522-6700x319.** There is also a hot line you can reach evenings and weekends at **888-922-2275.**

SeniorPalooza Is Coming

May is Older Americans Month and SeniorPalooza is Roslindale's way of celebrating. During the month of May businesses, elected officials and organizations throughout our community are hosting a series of fun, free and informative activities specifically for elders and their support circles.



Whether you are looking for advice on home care, tips on good health and exercise, help taking care of an older adult, or just want a chance to join friends in a variety of festive social events, SeniorPalooza has something on the calendar for you. Most of the events are free and open to the public. For event info, visit www.seniorpalooza.com.



SeniorPalooza is Ethos' way of honoring the older Americans in our 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 and their loved ones 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. If you would like to find out more about volunteering for an event call Volunteer Services Manager, **Alex Freeman at 617-522-6700x323.**

Caregiving on Community TV

"Agewise" Programming on caregiver issues at 2:30 PM on BNNTV every second Tuesday.

"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. You can also watch this show on your computer by going to 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 ask that you pre-register first.

"Smoother Sailing" Alzheimer Education Group (First Monday of the Month)

This free monthly group will meet on **April 4, 2011** and **May 2, 2011** at **Spaulding Nursing & Therapy Center** (formerly the Boston Center) at 1245 Centre St. in West Roxbury at **6:00 - 7:30 PM.** Call **Leslie Ahern at 617-477-6676** to pre-register.



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 for lesbian, gay, bisexual and transgender individuals usually meets the first Monday but please contact Joanne Peskowitz at **(617) 271-4182** for exact dates.

"Taking Care of Me" Support Group at 6:00 PM

The group will meet (the third Monday) on **March 21, 2011, April 21, 2011 and May 16, 2011** at **Spaulding Nursing & Therapy Center** (formerly the Boston Center) at 1245



Centre St. 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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