

A Valentine's Day Story

Clara and John were married right after World War II. Their wedding photo sits on the mantel of their Roslindale home. The photo shows John as a large strapping man who is handsome in his air force uniform and Clara seems petite in her flowery white dress.



Together, they raised two children in this home. It is the only home they have had and the only one they want.

They are like so many couples in their late seventies or eighties that are called "care partners". Couples who have learned to compensate for each other's weaknesses while supporting the strengths. They have developed a graceful dance of everyday interdependence, which they hope will allow them to stay in their own home and together.

Clara does not seem as petite now as she leans over Johns' wheelchair to tuck in his scarf and give him a peck on the cheek. While what he calls his "bum knees" has put him in a wheelchair for now, he and Clara still try to get out every good day. They love to go to Roche Brothers supermarket to pick out their food and then let the service deliver it home. They have learned about some of the community services that can support their care partnering and make use of transportation and lunch sites every week. It is a delicate balance that wobbles when one becomes ill or when the roads become icy.

They only have one daughter and both she and her husband work full time. Their only son was killed in the Vietnam War. The grandsons used to run errands but they both are now off at college.

John and Clara are very typical of their proud independent generation. "We want to run our own show," says John "And not be a burden or looking for a hand out". "But we have learned that taking a little help along the way can head off some really big problems" Clara interjected. "Like those services from Ethos we used after your surgery. Even with my daughters help, I just could not have taken care of him, the house and everything else smack in the middle of that bitter winter. John and I are a good team but as I keep telling him, sometimes a team needs more than two people."

Ethos hopes that all the care partners and family caregivers know that there is a bigger team out there that wants to help them. The National Caregiver Support Program provides information and resources such as, one to one counseling, support groups and care giving education. Call Leslie Ahern at 617-522-6700x376 for more information.

Some Very Special Valentines

"My mother just loved when the kids came to her day program with valentines"



Mom came home today and said," My Valentine's Day kiss from Bruno was pretty wet but I loved it. He is a great dog."

Loving Care For The Memory Impaired

This is a new resource column for people caring for those with memory loss. This month we bring you a highly acclaimed and easy to understand book written by a football coach (Frank Broyles) who cared for his wife who had Alzheimer's disease. It is filled with ingenious and practical tips on making every day life easier for you and your loved one.



Coach Broyles "playbook" give you practical solutions for care coupled with insights into the thoughts and feelings of caregivers. He walks the caregiver through the stages of the disease as only another caregiver could do.

His little pocket reference of **Tips and Strategies** provides behavioral solutions to everyday challenges. He gives pointers on what to do if your loved one is: pacing, sun downing, refusing care, having trouble using the bathroom, wandering, yelling or anxious while you are driving the car.

The coach is making both of these items available **free of charge**. You can receive them by calling **479-313-5079** or by sending a written request to:

Barbara Broyles Legacy
1826 N. Crossover Road, Suite 1
PMB #104
Fayetteville, AR 72701

You can also go to their website at www.alzheimersplaybook.com and download them for free and sign up for their informative newsletter.

Don't Go It Alone. We are here to help you! Family Care Advisors are available to provide **free** consultations to caregivers. We provide counseling, education, support groups and information and resources on respite grants and care options. These services can be provided in English, Spanish, Russian, Haitian Creole and Vietnamese. You can come to our office and/or we can make home visits. Call Leslie Ahern at **617-522-6700x376**.

Caregiving on Community TV

Age Wise Boston: Bridging Generations

The BNN Live cable show is on every second Tuesday of the month at **2:30 PM** on Comcast channel 9 and RCN channel 15.

Taking Care

Family Care Advisor **Leslie Ahern** and her husband **Paul Antokolsky** host their one-hour show live every **Wednesday at 6 PM** on Comcast channel 9 and RCN channel 15.

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**. If this is your first time coming to a group, **please contact the group leader first**.



LGBT* Caregiver Support Group

Monday, February 4, 2008 from 6:00 -7:30 PM

At the Ethos' office in Jamaica Plain

Contact: **Joanne Peskowitz (617) 271-4182**

*Lesbian/Gay/Bisexual/Transgender

Roslindale Evening Support Group

Please note NEW DATE just For February. The group will meet on **Tuesday February 19, 2008** at 6 PM at the beautifully remodeled room at the Boston Rehabilitation Center in Roslindale. It is accessible to MBTA and there is free parking. Refreshments are provided. The group will resume meeting on every Third Thursday of the month in March. You must pre-register by calling **Leslie Ahern 617-522-6700 x376**



For more information, please contact:

Leslie Ahern

Family Care Advisor

ETHOS, 555 Amory Street, Jamaica, Plain, MA 02130

617-522-6700 x376