



# CAREGIVER CONNECTIONS

Resources for Elders, Family and Professional Caregivers

SPONSORED BY ETHOS AND THE CAREGIVER ALLIANCE OF SUFFOLK COUNTY

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## September Is For Caregivers

Warm days and cool nights make September an easier time for many. Perhaps that is why so many organizations plan their conferences and workshops for caregivers then. This year Boston hosts the National AARP [Life@50+](#) event and Expo. Hessco will do their Caregiver Day of R+R: Resources and Relaxation. The CBES will be holding a fall lecture series.



Many support and educational groups will also be starting up again. I hope you will look over the many options I have described in this issue and plan to go to some of them. Many organizations are even providing some adult day care to look after your loved one

while you are attending.

Remember that if you need financial resources to attend some of the events or provide care for you loved one, you can apply for a respite scholarship from the Caregiver Support Program. **Call Leslie Ahern at 617-522-6700x376** for further information.

## Valuing The Invaluable



“Family Caregivers are the foundation of America’s long-term care system and it is about time we provide them with the financial support they both need and deserve” states AARP’s study called ***A New Look At The Economic Value of Family Caregiving***. The study found that caregiver’s unpaid services in 2006 had an economic value of \$350 billion dollars. Caregivers should stand tall and not hesitate to ask for federal and state funds . when needed to continue caring for someone at home.

## WGBH and AARP Invites You to Join the Discussion



**Caring for an aging parent? Are you receiving help from your adult child? Preparing for future family needs?**

WGBH-TV, the Public Broadcasting Service (PBS) affiliate in Boston, will film a live studio discussion, "Caring for Your Parents," during Life@50+ | AARP's National Event & Expo, which comes to the Boston Convention and Exhibition Center this September. Part of a larger WGBH-PBS documentary developed in association with AARP, the discussion will feature a panel of experts, including Hugh Delahunt, director of AARP Publications and co-author of Caring for Your Parents: The Complete AARP Guide as well as Dr. Bill Thomas and best-selling author Gail Sheehy.



AARP members will have the opportunity to attend the filming, ask questions and participate in the studio discussion on **September 6<sup>th</sup> from 4:30-6:00 PM** at the Boston Convention and Exhibition Center in Boston, MA.

The "Caring for Your Parents" live studio discussion is free to attend but a ticket is required for entry. Seating is limited and preference will be given to people also attending [Life@50+.conference](#). You can register online or by calling **Ms. Silva at 617-305-0507**.

**CAREGIVER DAY OF R&R: RESOURCES AND RELAXATION**

HESSCO Elder Services invites all caregivers for their Caregivers' Day of R&R on Wednesday, **September 19th from 8:30 a.m. to 1:30 PM** at the Holiday Inn, Dedham, MA. The keynote speaker will be **Pamela Katz Ressler**, stress management and holistic health care expert who will address "Building Resiliency and Renewal."



Formal and informal caregivers of all ages – family, professional, volunteer- are invited to attend. The program will offer sessions on topics such as methods to handle stress, what it means to join a clinical trial, fitness for caregivers, and staying positive as a caregiver. The relaxation room will offer attendees the opportunity to experience a ten-minute massage, reiki, aromatherapy, art therapy, and much more. Caregivers can learn about resources available to them at the exhibitors' fair that will go on throughout the day.

The cost of the program is \$10 and includes lunch. For registration information call the Caregiver Support Program at HESSCO Elder Services, 781-784- 4944. [Click here for registration form.](#)

**Caregiver Education**

**Getting Started: What To Do When Your Family Member Has Memory Loss.** This program focuses on how to get a diagnosis and addresses behavior and communication problems .It will be held at the Hyde Park Library, 35 Harvard Ave in Hyde Park on **Saturday September 8<sup>th</sup>** from 2:00 to 4:30. It is free but you must pre-register by calling **800-272-3900**.

**Caregiver Alliance of Suffolk County and Central Boston Elder Services Fall Series**  
Please **617-277-7416 x136** for more information and to register.

**Downtown Lunch Time Caregiver Group**  
If interested, call Leslie Ahern at 617-522-6700x376.

**Caregiver Support Groups**

Join other caregivers for refreshments and discussion in a caring, relaxed, and confidential setting. The support groups meet monthly; 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 Sept.10th 6:00- 7:30 PM  
Ethos in Jamaica Plain  
Contact: **Joanne Peskowitz (617) 271-4182**  
\*Lesbian/Gay/Bisexual/Transgender

**Roslindale Evening Support Group**  
**Thursday September 20<sup>th</sup> 6:00-7:30 PM**  
Boston Center For Rehabilitation  
Light Sandwich Supper Served  
Contact: **Leslie Ahern 617-522-6700x376**

**New LGBT Bereavement Group**  
Meets four Tuesdays in September from 6-7:30 PM in Jamaica Plain. Pre-registration required. Contact: **Joanne Pescowitz, LICSW at 617-271-4182**

**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 Channel 9 on Comcast and Ch. 15.

**Taking Care**



Family Care Advisor **Leslie Ahern** and her husband **Paul**

**Antokolsky** who is a elder care specialist and SHINE counselor host their one-hour show **Live every Wednesday at 6:30 PM**. The show is repeated Thursdays at 10:30 AM, Saturdays at 6:00 PM and Sundays at 10:30 AM on Comcast ch.9 and on RCN channel 15. Check [www.takingcare.tv](http://www.takingcare.tv) for guest updates and info.



For more information, please contact:  
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