

## November is National Caregivers Month



In 1994, the National Family Caregivers Association launched the first ever celebration of family caregiving declaring **November National Family Caregivers Month**. President Clinton signed the first proclamation in 1997 and NFC Month has been proclaimed by an American President annually ever since.

Day in and day out, more than 65 million family caregivers in this country fulfill a vital role on the care team. No one else is in a better position to ensure continuity of care. Family caregivers are the most familiar with their care recipients' medicine regimen; they are the most knowledgeable about the treatment regimen; and they understand best the dietary and exercise regime.

National Family Caregivers Month is a time to thank, support, educate and empower family caregivers. Celebrating family caregivers enables all of us to: (see the [www.thefamilycaregiver.org](http://www.thefamilycaregiver.org))

- Raise awareness of family caregiver issues
- Celebrate the efforts of family caregivers
- Increase support for family caregivers



**Alzheimer's Awareness Month** is also in November. Family caregivers whose loved ones are living with Alzheimer's or other dementia know how appropriate this is, as they are well aware of the challenges of providing care for a person with memory loss.

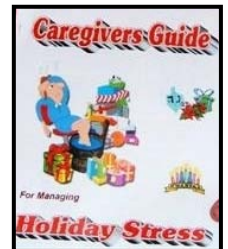
The [Alzheimer's Association](http://www.alzheimers.org) assures family caregivers that they are not alone—far from it. The number of people who are providing care for loved ones with dementia continues to grow. Don't try to go it alone. Click on the link above and find many resources.

## December Gifts and Caregivers

The first gift that every caregiver needs to give themselves is a holiday time which is sane, safe and satisfying for them. This year make sure that little drummer boy is playing to a beat that is comfortable for you and your loved one.



You can start by calling me (617-477-6676) for our free booklet called **Managing Holiday Stresses for Caregivers**. You will find several great articles by caregivers and professionals that are reprinted here with the kind permission of [www.caregiver.com](http://www.caregiver.com). They also have a great newsletter that many caregivers find useful.



When the holidays come around this year be very selective on how you spend your time and energy. As a caregiver you have learned what precious but limited commodities they are to you.

You might also not want to dwell or compare this year with holidays past. Instead focus on how this is such a special time with your loved one.



Your **presence** is the biggest **present** you can give them. So share a hug and some laughter, a walk or a wheelchair ride in the early afternoon sunlight of a clear December day.

Your Gift? Many caregivers ask friends and family to give "gifts of time" when they will stay with your loved one and you get time to do exactly what you need. (See workshop on back)



**How to get the “Gifts” that you need as a Caregiver and put some HO HO HO in your holidays.**

In this workshop, we will give ourselves a gift of “fun and laughter”. And then learn how to **summon them up when we need them**. We need plenty of both to keep ourselves recharged and upbeat. Now you probably will get your share of slippers, scented candles and candles this holiday season? But what do you really need as a caregiver? Would you like day away when your friend or family member stays with your mom? How about a weekend a way? Perhaps tickets to a game and someone to stay with your Dad? Bring a list of gifts of time to the meeting and we will discuss how to communicate your requests.

The workshop will be held Thursday **December 2, 2010** (day Hanukkah begins) at the **Spaulding Nursing & Therapy Center** at 1245 Centre St. in West Roxbury. There is no charge but you must pre-register by calling **Leslie Ahern at 617-477-6676**



**Caregiving on Community TV**

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

“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 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** (First Monday of the Month)

This free monthly group will meet on **Monday, November 1, 2010 and December 6, 2010**

at **Spaulding Nursing & Therapy Center** at 1245 Centre St. in West Roxbury.

(Formerly the Boston Center) 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 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, November 15, 2010 and December 20, 2010 at 6PM** at **Spaulding Nursing & Therapy Center** at 1245



Centre St. in West Roxbury. (Formerly the Boston Center). 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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[www.caregiveralliance.org](http://www.caregiveralliance.org)