



# CAREGIVER CONNECTIONS

Resources for Elders, Family and Professional Caregivers

SPONSORED BY ETHOS AND THE CAREGIVER ALLIANCE OF SUFFOLK COUNTY

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## Staying Healthy in a Tough Economy

With the economy in a state of decline, it is difficult for many Americans to afford health care. Visits to doctors are down 10 percent to 15 percent and many individuals are not taking their medicines as prescribed.



Approximately one in nine individuals are cutting pills, taking them every other day or doing something the doctor did not recommend. **Talk to your doctor first before making any changes in regards to your medications.** This type of cutting back on health care without consulting your clinician is a very risky decision. There are some affordable programs available to help individuals facing economic difficulties.

You may qualify for one of the **AZ&Me™ Prescription Savings** programs if:

1. You have been prescribed an AstraZeneca product.
2. You have a Social Security number, green card, or work visa.
3. You do not have prescription drug coverage OR you are enrolled in Medicare Part D and have spent at least 3% of your annual household income on prescriptions this year. Your yearly household income does not exceed \$30,000 for one person or \$40,000 for two.
4. Call **1-800-292-6363** to see if you qualify.

**BenefitsCheckUp®** The National Council on Aging (NCOA) sponsors this web site. It offers confidential assistance online for seniors and caregivers by searching more than 1,100 federal, state, and private prescription drug programs and determining those for which the senior may be eligible. For more information, visit [www.benefitscheckup.org](http://www.benefitscheckup.org).

**Health Resources and Services Administration (HRSA)** offers information about community health centers that may offer prescription assistance to low-income patients. Learn more by calling 1-888-275-4771

**Partnership for Prescription Assistance** The PPA represents the largest-ever non-government-sponsored program to help bring medicines to Americans who do not have prescription drug coverage and are having difficulty affording their prescription medicines. More than 475 public and private patient assistance programs are available through the PPA. For more information, call (1-888-477-2660) or visit [www.pparx.com](http://www.pparx.com).

**RxAssist** lets you search for information on patient assistance programs by company, brand name, generic name, or type of medicine. RxAssist provides information on ways to get free and low-cost medications. The site also provides a quick-reference chart that lists drug assistance programs by state. For more information, visit [www.rxassist.org](http://www.rxassist.org).

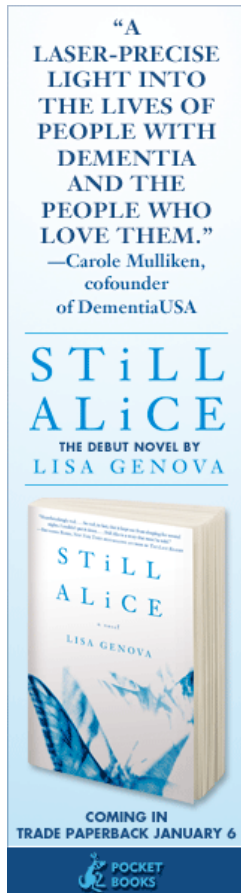
**Rx Outreach** is a program designed to help qualified people of all age's with incomes of up to 250% of the federal poverty level get the medicines visit [www.rxoutreach.com](http://www.rxoutreach.com)

## Spring Means SeniorPalooza

This May, Ethos will host the Fifth SeniorPalooza which this year will be in **Jamaica Plain**. Please join us for a month of fun events, educational seminars and special merchant discounts. We will be having so many free, fun events and everyone is invited.



There will be several events for family caregivers such as **"Managing our Stress and Blood pressure"** and **"Building Your Caregiving Resiliency"**. Look for the notices in your local paper and, of course, in the May Caregiver Connections newsletter.



## Reading Brings Understanding

*Still Alice* is a compelling debut novel about a 50-year-old woman's sudden descent into early onset Alzheimer's disease, written by first-time author Lisa Genova, who holds a Ph. D in neuroscience from Harvard University.

Alice Howland, happily married with three grown children and a house on the Cape, is a celebrated Harvard professor at the height of her career when she notices a forgetfulness creeping into her life. As confusion starts to cloud her thinking and her memory begins to fail her, she receives a devastating diagnosis: early onset Alzheimer's disease.

But interestingly, as her cognitive capabilities diminish, we also get to see her grow. As her symptoms worsen, Alice loses her cerebral life at Harvard, where she'd placed her worth and identity, and where she'd been valued and respected. Without it, she embarks on a desperate search for answers to questions like 'Who am I now?' and 'How do I matter?' and is forced to search for meaning and intimacy beyond career success in her relationships with her husband and children. The very relationships she had previously neglected or put on autopilot. But has too much time and distance passed in those relationships, and has Alice already lost too much of herself to reconnect before she dies?"

The book also sponsors a fantastic discussion forum on the website [www.stillalice.com](http://www.stillalice.com) Where you can ask questions and talk with others who have or are caring for individuals with some form of dementia.

## Caregiving on Community TV

Remember to watch Agewise on BNN-TV every Tuesday at 2:30PM. The second Tuesday is dedicated to Caregiving issues. BNN is aired on Comcast Channel 9 and RCN channel 15.



For more information, please contact:

**Leslie Ahern**

**Family Care Advisor**

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

617-477-6676

[LAhern@ethocare.org](mailto:LAhern@ethocare.org)

## 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, April 6, 2009 from 6:00 -7:30 PM** at the Boston Rehabilitation Center 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".* © **Group Meets Every First Monday of the Month**

### LGBT\* Caregiver Support Group

The group will meet **Monday, April 6, 2009** from 6:00 -7:30 PM at the Ethos' office in Jamaica Plain. Contact: **Joanne Peskowitz at (617) 271-4182**

\*Lesbian/Gay/Bisexual/Transgender

### "Taking Care of Me" Support Group

The group will meet **Tuesday April 21, 2009** (due to Patriots day Holiday on Monday, April 20<sup>th</sup>) at 6:00-7:30 PM in the Boston Rehabilitation Center in West Roxbury. It is accessible to MBTA and there is free parking. Refreshments are provided. Contact: **Leslie Ahern at 617-477-6676**.

