



CAREGIVER CONNECTIONS

Resources for Elders, Family and Professional Caregivers

SPONSORED BY ETHOS AND THE CAREGIVER ALLIANCE OF SUFFOLK COUNTY

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SeniorPalooza Time Again!

During the month of May in honor of Older Americans Month, businesses and organizations will take part in the sixth Annual SeniorPalooza, a series of fun, free and informative activities specifically for elders and their support circles. This year, SeniorPalooza returns to West Roxbury area where it first originated. Whether you 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 social events, SeniorPalooza has something for you. All events are open to the public. There will be 80 plus events during the month of May! Highlights include:

- **Month-long Art Exhibit** featuring seniors at West Roxbury Library kicked off by an Opening Reception on **May 6th** sponsored by the **Roslindale Arts Alliance**.
- **Lively Living Fair on May 22**
- **Hollywood, Here I Come!** Senior Prom Dance & Luncheon on **May 27th** this year.

SeniorPalooza Events for Caregivers

- **Test Your Stress and Blood Pressure** and learn how to reduce them both. Free on **May 4, 2010** from **2:00-4:00 PM** at Roscommon 5060 Washington St. West Roxbury, MA. Call **Marietta McCarthy 617-522- 6700x315** for more information.
- **Building Your Caregiving Resiliency** will be held on Tuesday **May 11, 2010** at **6:00-7:15 PM** at Harvard Vanguard Campus, 291 Independence Drive in West Roxbury. To pre-register, call Leslie Ahern at **617-477-6676**.

Putting a “Spring “in Your Step!



You have waited patiently through snow, ice and even torrential rains. Finally, you can feel the warm sun on your face as you admire bright red tulips and glowing daffodils. You have pushed through some long, cold dark days and now you can feel it is time to rejuvenate. Ethos will help caregivers do that this spring with their **Living Lively Fair** as part of **Agewell West Roxbury’s’ SeniorPalooza**.

The fair will be held on **Saturday May 22nd** from **10:00 AM - 1:00 PM**. There will be several demonstrations which you can watch or “try on” to see if they are a good fit for you. There will be Tai Chi, Yoga and line dancing for exercise. There will also be stress reducers like chair massages, relaxation and guided imagery and laughter yoga.

Caregivers will also have the opportunity to learn about three wellness management programs run by Agewell West Roxbury which are nutrition, fall prevention and managing a chronic illness. These free educational groups provide information and support to help you maintain your own health. If you are a caregiver who would need respite help to attend then read about scholarships on back. For more info, call Cathy Slade 617-477-6616.

Caregiving on Community TV

Remember to watch **Agewise** on BNN-TV every second Tuesday of the month at 2:30PM



Hosts Leslie Ahern and Paul Antokolsky

“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. Here is the line-up for April.

April 7th - Nutrition and food preparation for Elders with advanced dementia.

Donna Allen, who is a dementia specialist and Kit Clarks’ nutrition department team up to help caregivers safely make meals for their loved ones.

April 14th - Music Therapy for All

Discussion on activity-based Alzheimer care and how music can be therapy for care giver and receiver.

April 21st - Dr. Larry Diamond Speaks on Health Care Reform

The law has passed -how and when will the Changes Affect You? What will be the impact on Medicare?

April 28th - Preview of Older Americans Month and SeniorPalooza. Find out about over 75 free and fun events for senior and caregivers happening in West Roxbury this May.

What is a Respite Scholarship?

A respite scholarship reimburses a caregiver for paying someone to provide care and oversight to their loved one so that they can attend an educational event, support group or merely take the time to care for their own needs. The caregiver must recruit/hire the respite person. You must apply for the scholarship **a minimum of two weeks** before you need the respite care. Call **Leslie Ahern at 617-477-6676 for info and to apply.**

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 5, 2010 at 6:00 PM at the Boston Center for Rehab

in West Roxbury. To pre-register, call Family Care Advisor, Leslie Ahern at 617-477-6676. 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”***©.



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 Tuesday, (due to Monday holiday) **April 20, 2010 6:00 PM** at the **Boston Center for Rehab** in West Roxbury. It is accessible by

MBTA and there is free parking. Contact: **Leslie Ahern at 617-477-6676. Group usually meets the third Monday of the Month.**



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**
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