



CAREGIVER CONNECTIONS

Resources for Elders, Family and Professional Caregivers

SPONSORED BY ETHOS AND THE CAREGIVER ALLIANCE OF SUFFOLK COUNTY

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Changing How and Where We Age

The Pioneer Network believes that the past and present models of care do not have to be the future. The Pioneer Network consists of thousands of people working to replace the traditional approach to institutional aging in nursing homes with settings that are real homes. Settings where the aging person's choices and wishes come first, where meaningful relationships with others create genuine interaction not often found in yesterday's institutions. Pioneer Network also supports innovative alternatives that make it possible for people to stay in their own homes.

This initiative would not have been possible without the support of the Picker Institute, www.pickerinstitute.org which has a long history of educating consumers. In 2009, the first Individual Picker Award in the field of long-term care was awarded to



Dr. Bill Thomas "In recognition of his outstanding achievements in envisioning and implementing a new paradigm for long-term care

that focuses on nurturing and sustaining a meaningful life for the aging."

The Eden Alternative is a principle-based philosophy that empowers Care Partners to transform institutional approaches to care into the creation of a community where **life is worth living**.



I recommend you go to their website to see the amazing amount of positive change they have made in long term care settings across America and the world. www.edenalt.org . Some of these nursing homes are right here in



Boston. You will have two opportunities to find out more about *changing how and where we age* in February. You are invited to a very special event on **February 25th** from **4-6pm** hosted at the **Boston Center for Rehabilitation** at 1245 Centre St. in West Roxbury.

The **Massachusetts Culture Change Coalition** is sponsoring **The Picker Institutes Forum on Changing the Culture of Aging**. **Ethos** will have a spokesperson from the institute as a special guest. We are looking forward to a lively small group discussion so bring your ideas and questions.



Tom Lynch, the Executive Director of **The Bostonian** (Nursing Care and Rehabilitative Center) which is an **Eden Alternative** home will also be there to answer your questions

on how long term care can be focused on the consumer's needs, rights and preferences to make a life in a nursing home more caring and defiantly worth living. bostoniannursing.com.

We hope you can join us at this event which is **free but you must pre-register** by calling Leslie Ahern at **617-477-6676**. There is free parking and wonderful refreshments. The Boston Center is also accessible by MBTA.

The whole Boston community is invited to a preview of this event when the BNN cable TV show **Taking Care** will be interviewing both these wonderful speakers on Wednesday, **February 17th** at **6pm** on Comcast channel 9 and RCN channel 15.

New Care Partner Group Begins

This free group will be for those in the early stage of Alzheimer's disease and their caregivers. I have been told by many who have participated in this type of group that it was immensely helpful to their whole family.

There will be actually two groups meeting simultaneously in two rooms - one for people in the early stage, and one for their care giver. The meetings will be every other Thursday starting **Feb. 4th** at 645 Washington St. Dorchester (Codman Square) from 11:00am to 12:30pm. **Call Donna Allen at (617) 474-1167.**

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



February will be a busy month for the **Taking Care TV** show starting **February 3rd** with Paul and Leslie speaking on Laughing for a healthy heart.

February 10th features Kit Clarks' Denise Banks, Matter of Balance Master Trainer and Margo Kelley, RN on fall prevention.

On February 17th features "Changing the Culture of Aging" (see story on front)

February 24th Bonnie Hallisey, LICSW and an elder caregiver speaks on the challenges of grandparents raising grandchildren.

"**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 10:00am and Sunday at noon.

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 to attend.** We ask that you pre-register first.

"Smoother Sailing" Alzheimer Education Group

This free monthly group will meet on **Monday, February 1, 2010 6pm** at the Boston Center for Rehabilitation 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".*** ©



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 (Due To Holiday 1-16))

The group will meet **Tuesday February 16, 2010 6pm** at the Boston Center for Rehabilitation 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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