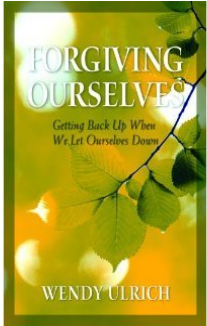


# CAREGIVER ALLIANCE CARES

The Alliance at Central Boston Elder Services

JANUARY AND FEBRUARY NEWSLETTER 2011

## Resolving To Forgive Ourselves



My observation in over a decade of working with family caregivers is that it seems that coping with guilt, frustration, anger, grief and depression is for most an occupational hazard.

I recommend resolving those emotions by trying to free ourselves of grudges, let go of fights, follies, disappointments and bitterness. Losing the weight of carrying these burdens will be the best weight not to bring into the new year.

Caregivers often feel guilty over something they had little or no control over, like their loved ones disease. There is understandably frustration and anger and sadly there seems to be no place to put it and it falls back on the caregiver as feelings of guilt.

The first step in forgiving ourselves is to assess, is this something I really had any control over. You probably will find that while you can not changed what has happened; you can change how you will continue to react to it. You need not be trapped to continually relive it by letting it go through forgiveness.

As Ethicist Lewis Smedes states:

**“To forgive is to set a prisoner free and find that the prisoner was you.”**

You may also find some guidance in the book pictured above which is called **“Forgiving Ourselves” by Wendy Ulrich**. Many also find help in pursuing forgiving themselves and others through their own faith or spiritual path.

## Preventing Falls This Winter

Taking a fall can lead to life-changing injuries and winter poses especially troublesome conditions. Avoiding winter falls is all about **traction, balance, and attention**. For better **traction**, wear footwear that has non-smooth soles made of rubber or neoprene, but avoid plastic or leather soles.



Walking on ice is safest with cleats or ice-traction slip-ons that fit over regular shoes and boots. Use your arms for **balance**, and bend your back to lower your center of gravity. Take small steps, shuffle your feet, and walk flat-footed on icy surfaces. If you must carry something, divide the load equally between both hands. **Be attentive** and watch the ground directly ahead of you for trouble spots. Give yourself plenty of time, and never run.

**If you do start to fall**, try to tuck your body into a ball as much as possible to minimize the chance of injuries. Try to make contact with your hip, then thigh, and then your shoulder, while keeping your head up. Do not try to break your fall with your hand. **If you do fall** and you feel you can get up, do so slowly and in stages: raise yourself onto your elbows first, and then move to your hands and knees. Grab onto something firm, adjust your position so you are facing it, and then ease yourself into a standing position. **If you cannot get up**, use your cell phone or fall alarm to summon help, or attract attention by shouting or banging on something.

You can contact Matter of Balance at: [www.Mainehealth.org/pfha](http://www.Mainehealth.org/pfha) or call toll free at **1-866-609-5183**.

*Thanks to certified Matter of Balance Leader, Paul Antokolsky for this report on fall prevention. If you are interested in information about local classes you can reach him at 857-919-9154.*

## The Ride Helps Caregivers Too



THE RIDE, the T's Para transit program, provides door-to door transportation to eligible people (and their caregivers) who cannot use general public

transportation all or some of the time, because of a physical, cognitive or mental disability. The lift equipped vans are used to serve persons with disabilities, including those who use wheelchairs and scooters. THE RIDE operates 365 days a year from 6AM to 1AM in sixty (60) cities and towns.

THE RIDE requires the person with the disability submit an application which your doctor must sign stating that using regular MBTA service would be a hardship. However the caregiver or escort accompanying the elder does not need to be disabled nor do they need to pay a fare. The local one-way fare for each disabled passenger is \$2.00. (617) 222-5123 or TTY (617) 222-5415. You can download the application here. [WORD version](#)

## Caregiving on Community TV



“Age wise” Programming on caregiver issues at 2:30 PM on BNNTV every second Tuesday with host **Haris Hardaway**.

“Taking Care” ([www.takingcare.tv](http://www.takingcare.tv)) airs live with hosts **Leslie Ahern and Paul Antokolsky** airs 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.



## Counseling And Support Groups

are provided free by caregiver advisors to support, educate and identify resources for caregivers who are caring for elders. You can call to speak to any of the advisors listed below. Please be sure to RSVP to the appropriate advisor before attending a support group. **New groups will be formed based on need so call to tell us your needs.**

### Groups with Vladimir Nivoroshkin

**English speaking Caregiver Group** Third Friday of every month 10 am - 11:30 am Ruggles Street Assisted Living in Boston - 25 Ruggles Street, Roxbury, MA,



**Russian Speaking Caregiver Support Group in Brighton:** Third Thursday of the month from 5:00 – 6:30 p.m. **Contact: Vladimir Nivoroshkin at 617-277-7416 ext. 184 for above group.**

### Groups with Phuong Slawson



**Vietnamese speaking General Caregiver Support Group** Third Tuesday of the month from 10 – 11:30 a.m. in **Dorchester**. Also a **Vietnamese Speaking Group**

for women on **Third Friday of the month from 10 – 11:30 a.m.** **Contact: Phuong Slawson at 617-277-7416 ext. 186 for above groups**

### Group(s) with Shirley Bernier

**Haitian Creole Speaking Caregiver Support Group** in **Dorchester**. **Third Friday of the month Noon–3:00p.m.**

**Contact: Shirley Bernier at 617-277-7416 ext. 187 for this and other groups.**

