

Caregivers Can Make Summer Fun

If summer means a day at the beach for you, then you will be quite pleased at some of the advances the state has made in making some of our beaches and parks handicap accessible. The blue mats



you see to the right make sand flat and firm and safe for a person using a walker. Travel an



hour north to the states **Salisbury beach** and you will find "beach wheel chairs provided at no charge. The lifeguards are trained in the transferring individuals and use of these "beach buggies".

A caregiver asked:" My dad used to love the ocean but now his memory loss is so severe, should I still take him?" "yes," I told her "because he will still feel the sea breeze on his face, taste and smell the salt spray and feel the



sand between his toes. Pick up shells together to bring home. If he enjoyed the beach before, chances are good he still will. He probably won't have a memory of it but that does not mean we should deny him (or

ourselves) that days' "beach experience".

Enjoy a "Staycation" in Boston

This years' recession has created words like Staycation to describe how we can receive the benefits of a vacation but



without the expenses or the need to leave home. Many caregivers have shared that there are times when packing up and leaving for beach or mountain creates more work and anxiety than enjoyment. Fortunately, we live in Boston which has an exciting, diverse program of music, dance and art programs to enjoy.

You could find yourself "dancing in the street" or on City Hall Plaza during the **Dorothy Curran Concert Series** on Wednesdays. Perhaps you will enjoy the Roslindale Concert Series in Adams Park on Thursday evenings. There is a diverse choice of music, movies or celebration in almost every neighborhood on most nights. Caregivers love that they are all free and handicapped accessible so they can enjoy it together with their care partner. Most folks and their caregivers can get transportation from the **Ride (617-222-5123)**

You can plan your own stay-cation by calling for the City's summer guide **617-635-3911** or you can download it from their website: www.cityofboston.gov/arts

You can also cool down at Carson beach, Castle Island and Houghton's Pond, all of which are handicap accessible.



Join Ethos for a Barbecue

That's right; you and your caregiver are invited to one of the several barbecues being held at the following Senior Housing Congregate sites. RSVP is required. You must call **Janice at 617-522-6700x306** at least one week before the barbecue to reserve your spots. Starting at noon, there will be hamburgers, hot dogs,



potato salad and coleslaw. Don't forget the cold lemonade and that luscious watermelon for dessert. There is a \$1.75 suggested donation.

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| Nate Smith | Friday, July 17, 2009 |
| Holy Spirit | Wednesday, July 22, 2009 |
| Blake Estates | Thursday, July 23, 2009 |
| Veronica Smith | Friday, July 24, 2009 |
| Roslindale House | Thursday, July 30, 2009 |
| Back of the Hill | Thursday, August 6, 2009 |
| Roche Center | Friday, August 21, 2009 |
| Amory Street | Friday, August 28, 2009 |

Caregiving on Community TV

Remember to watch **Agewise on BNN-TV** every Tuesday at 2:30PM. The second Tuesday of the month is always on Caregiver issues and will be hosted by **Haris Hardaway on July 14, 2009** and by yours truly, **Leslie Ahern on August 11, 2009**. BNN is aired on Comcast Channel 9 and RCN channel 15.



The August show will focus on how caregivers can use the summertime to restore their vitality and resiliency as caregivers. Hope to see you then. Thank you for all you do. Have a great summer.

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, July 6, 2009 and Monday August 3, from 6:00 -7:30 PM** 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”.* © **Group Meets Every First Monday of the Month**

LGBT* Caregiver Support Group

This group usually meets the first Monday but **Please contact Joanne Peskowitz at (617) 271-4182) for date and time for the summer meetings.** *Lesbian/Gay/Bisexual/Transgender

“Taking Care of Me” Support Group

The group will meet **Monday, July 13, 2009 and Monday, August 17, 2009** at 6:00-7:30 PM in the Boston Center for Rehabilitation in West Roxbury. It is accessible to MBTA and there is free parking. Contact: **Leslie Ahern at 617-477-6676.** **Group usually meets the third Monday of the Month.**



For more information, please contact:

Leslie Ahern
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