



CAREGIVER CONNECTIONS

Resources for Elders, Family and Professional Caregivers

SPONSORED BY ETHOS AND THE CAREGIVER ALLIANCE OF SUFFOLK COUNTY

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May 2009



May is Senior Palooza Month

The fifth year of Senior Palooza will take place in Jamaica Plain with more than fifty fun and educational events for seniors and caregivers. Look below for some of the highlighted events and also look in your community newspaper for a full calendar.

The Senior Palooza will once again be topped off by a Senior Prom on **Wednesday, May 27, 2009 12:00-3:00pm**

Our Lady of Lourdes Parish Center
45 Brookside Ave, Jamaica Plain
This year's theme is 50s and 60s Sock Hop.



Wednesday, May 6, 2009

11:00am-2:00pm
5th Anniversary of Cafe Multicultural Celebration
Nate Smith House
155 Lamartine Street, Jamaica Plain

Thursday, May 14, 2009

11:00 -2:00pm
Care. Compassion. EQUALITY.
5th Anniversary of Serving LGBT Elders Celebration
The Footlight Club @ Eliot Hall
7A Eliot Street, Jamaica Plain

Thursday, May 14, 2009

5:00-7:00pm
Do Good, FEEL BETTER Elder Care Volunteer Expo
Ethos 555 Amory Street J.P.

Events are free but you must R.S.V.P. by calling 617-522-6700 or email seniorpalooza@ethocare.org



This May, tune into "The Alzheimer's Project," HBO's multi-platform series that examines groundbreaking Alzheimer discoveries made by the country's leading scientists and the effects this debilitating and fatal disease has on those with Alzheimer's and their families.

Sunday, May 10 at 9 p.m. EST – "The Memory Loss Tapes"

"The Memory Loss Tapes" takes an intimate look at seven individuals living with Alzheimer's, seeking to introduce a new understanding by sharing the devastating experience of memory loss from the point of view of the person with the disease.

Monday, May 11 at 7:30 p.m. "Grandpa, Do You Know Who I Am? With Maria Shriver"

is geared toward children and young teens coping with a grandparent's illness, and presents vignettes that can help a child understand and deal with a relative's gradual decline into Alzheimer's.

May 11 at 8 p.m. – Momentum in Science, Part 1

is a two-part, state-of-science odyssey that takes viewers inside the laboratories and clinics of 25 leading physicians, revealing some of the most cutting-edge Alzheimer research advances.

Tuesday, May 12 at 7 p.m. and 8 p.m. EST – "Caregivers" and "Momentum in Science, Part 2"

"Caregivers" is a collection of five family portraits that illustrate caring for the different stages of Alzheimer's disease. The evening concludes with "Momentum in Science, Part 2."

HBO Documentary Films realizes not everyone subscribe to their network. They are providing area professional copies of the films and informational booklets and discussion guides for private screenings. **Ethos and the Caregiver Alliance** will be hosting a four week series to show and discuss the four films. If you would like to be included for any or all of the films and discussion, contact the group leader, **Leslie Ahern at 617-477-6676.**

Caregiver Appreciation Luncheon

You are invited for lunch on **Tuesday, May 19, 2009 at noon.**

Ethos' Family Care Advisor, **Leslie Ahern**, will be showing you how to "**Build Your Caregiver Resiliency**". You will learn what you need to "bounce back" in managing your caregiving responsibilities.



The luncheon will be at **Boston Senior Home Care** in the Nonprofit Center Community Room on the first floor of Lincoln Plaza at 89 South St. in downtown Boston. It is one block from south station. There is no charge for the luncheon but space is limited, so you must pre-register with **Katie Bolin at 617-226-8949 by May 11, 2009.**

Test Your Stress and Blood Pressure.

Learn how to reduce them both.

Free for staff, patients, families, caregivers and our JP neighbors.
May 12, 2009
2- 4 pm

Laurel Ridge Rehabilitation and Nursing Home in Jamaica Plain.

For Info call Marietta McCarthy 617- 477-6615



Caregiving on Community TV

Remember to watch Agewise on BNN-TV every Tuesday at 2:30PM. The second Tuesday is dedicated to Caregiving issues. The May 12th guest host is **Shine Counselor, Paul Antokolsky** who will be taking questions on financial assistance programs. BNN is aired on Comcast Channel 9 and RCN channel 15.

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, May 4, 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

Please contact Joanne Peskowitz at (617) 271-4182) for date and time of this months meeting.

*Lesbian/Gay/Bisexual/Transgender

"Taking Care of Me" Support Group

The group will meet **Monday, May 18, 2009** 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.** Group usually meets the third Monday of the Month.



For more information, please contact:

Leslie Ahern
Family Care Advisor

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