



CAREGIVER CONNECTIONS

Resources for Elders, Family and Professional Caregivers

SPONSORED BY ETHOS AND THE CAREGIVER ALLIANCE OF SUFFOLK COUNTY

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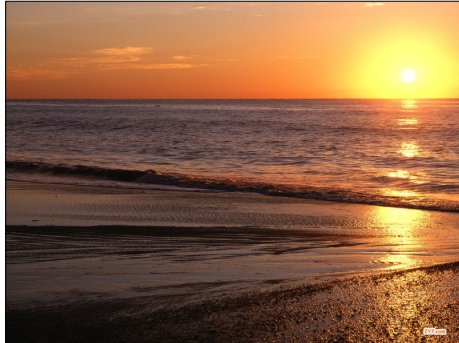
November 2008



Counting Blessings

Most Americans see November's Thanksgiving holiday as a time to count their blessings and share their own bounty with others who are in need. The following is a blessing from the Native American Sioux Indians.

“May the great mystery make a sun rise in your heart.”



Caregivers in particular need the nurturance that blessings bring to their often weary hearts. Caregivers need to give themselves the time to recognize simple blessings, and the mindfulness to breathe them in to fill their spirit. Breathe in like the brisk wind filling the sails of a boat to give lift for the journey ahead.

Each day, wish for a day of blessings and ordinary miracles. You find the ice on your steps has been cleared by a neighbor, your keys are just where you look, and there are all green lights when driving to the store. The closest parking spot is waiting for you. Your favorite meats are on sale and you find yourself in the fastest check out line in the whole supermarket. You deserve all that and more.

You get home just in time to get an unexpected call from an old friend and she has you laughing like you haven't in too long a time. After lunch, you notice your loved one is having a lot of pain and is getting very aggravated. You call the doctor and hope they call back today, because you know he won't sleep without more medication. But then as you wait, you find his very favorite Groucho Marx movie on TV. You hear him settle down, and you smile as you hear him softly chuckling. You smile as you always do when you can care and comfort him. Then as the movie is ending, the doctor calls back letting you know the medicine will get to you this evening. You hear yourself sigh, so relieved, sensing you will both get the blessing of a good night's sleep.

Raising Awareness In November

November is National Caregivers Month and Alzheimer Awareness Month which has made it the perfect time for the U.S. Postal Service to issue the first Alzheimer's Awareness stamp. According to the Postal Service, 65 million 42-cent stamps have been issued "to raise awareness of issues surrounding the dreadful disease and to draw attention to the importance of the caregiver." The stamp itself is a poignant silhouette of a caregiver embracing a loved one, and is intended to promote care, support and research of the brain disorder. In the words of the artist who designed the stamp, Matt Mahurin, "I wanted to have a balance between the kindness of caregivers and the sadness of the disease, but also the message of hope that was indicated in making a stamp to bring attention to the disease."



There will be many events in November regarding caregiving and/or dementia. We have listed a few local events we hope you will find helpful. Please check back with caregiveralliance.org for updates throughout the month.

Come To The Caregiver Expo



Ethos AgeWell West Roxbury is offering the **“Protecting the Future: Security for You and Your Family” Expo**. The event will take place on **Tuesday, November 18, 2008** from 4:00 – 7:00 PM at Saint John Chrysostom Church at 4750 Washington Street, West Roxbury.

The Expo will offer presentations on pertinent financial considerations to assist elders and caregivers with making important decisions now and later in life. There will be a large exhibit hall filled with over twenty local merchants and service providers. They will each have a booth and be ready to talk with you regarding your needs and their products and services. For more information, please contact **AgeWell West Roxbury Coordinator, Cathy Slade** at 617-477-6616.

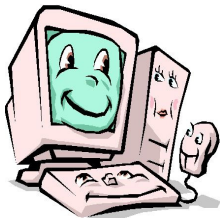
National Memory Screening Day

is sponsored by the **Alzheimer's Foundation of America** and will be held November 18, 2008. This free face-to-face screening takes place in a private setting; only the individual being tested and the clinician are present. A screening consists of a series of questions and/or tasks designed to test memory, language skills, thinking ability, and other intellectual functions. The person who administers the screening will review the results with you, and suggest whether you should follow up with a physician. The **South Boston Neighborhood House** is the location of a Boston area screening site. Contact them at **617-269-2310** or for other sites call toll-free **866-232-8484** or go to **alzfdn.org**



Soup, Sandwiches and Stress busters

will be on the menu at Blake Estates on **November 6, 2008** at noon. Family Care Advisor, Leslie Ahern will test you stress level and then has a fun program to teach you how to stress less. The program is free but you need to preregister by calling **Leslie Ahern at 617-477-6676**.



The Caregiver Alliance of Suffolk County has a website which is waiting to keep you informed on all caregiver related information, support groups and activities. Visit www.caregiveralliance.org or call

Jasjot Kaur at 617-277-7416 for locations and languages of support groups.

Caregiving on Community TV

Age Wise Boston: Bridging Generations

The BNN Live cable show is on every second Tuesday of the month at 2:30 PM.



Taking Care

Family Care Advisor, **Leslie Ahern** and her husband **Paul Antokolsky** who is an elder care specialist and SHINE counselor host their one-hour

show **"Taking Care" Live every Wednesday at 6:00 PM** on Comcast channel 9 and RCN channel 15. The program is then repeated on Friday at 10:30 AM 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**. We ask that you pre-register first.

"Smoother Sailing" Alzheimer Education Group

This free monthly group will meet on **Monday, Nov 3, 2008** at the Boston Center in Roslindale. Call the 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

Monday, November 3, 2008 from 6:00 -7:30 PM at the Ethos' office in Jamaica Plain
Contact: **Joanne Peskowitz (617) 271-4182**

*Lesbian/Gay/Bisexual/Transgender

"Taking Care of Me" Support Group

The group will meet **Monday, Nov 17, 2008** at 6:00-7:30 PM at the Boston Center in Roslindale. It is accessible to MBTA and there is free parking. Refreshments are provided. Contact: **Leslie Ahern 617-477-6676. Group meets every Third Monday of the Month.**



For more information, please contact:

Leslie Ahern

Family Care Advisor

ETHOS, 555 Amory Street, Jamaica, Plain, MA 02130

617-477-6676

www.caregiveralliance.org