

Companions for Your September

September is the sweetest month. It has all the beauty and bounty of summer without the dangers of extreme temperatures. You can often have the whole beach to yourself or sit with your loved one at the Arnold Arboretum to soak in the noon time sun. Whether having a picnic or curling up in your own backyard, I recommend the following companion books to read. [*If Only I'd Had This Caregiving Book*](#), by Maya Hennessey, shares the ups and downs, tips, and personal experiences of a caregiver. Read an [excerpt](#).

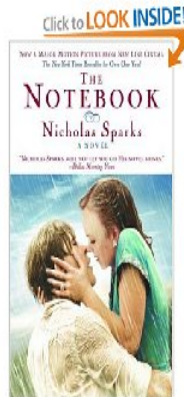


[*Old Age is Always 15 Years Older Than I Am*](#)

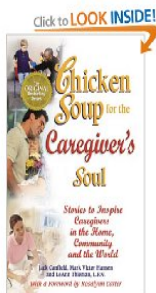


by Randy Voorhees, is a collection of humorous, witty, and inspirational quotes about aging. Read an [excerpt](#).

[*The Notebook*](#), by Nicholas Sparks, is a novel that touches upon issues like aging and Alzheimer's but is more so about the strength and longevity of true love. Read an [excerpt](#).



[*Chicken Soup for the Caregiver's Soul*](#), by Jack Canfield, Mark Victor Hansen, and LeAnn Thieman, is a compilation of real life, inspirational stories written by and for caregivers. Read an [excerpt](#).

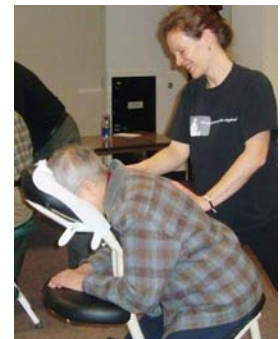


Caregivers Day of R&R



Once again HESSCO Elder Services invites all caregivers for their Caregivers' Day of R&R on Wednesday, **September 16, 2009 from 8:30 a.m. to 2:30 PM** at the Holiday Inn, Dedham, MA. This is always a wonderful day for caregivers; so, **save the date**.

Formal and informal caregivers of all ages - family, professional, volunteer are invited to attend. The program will offer sessions on topics such as methods to handle stress, how to cope with dementia care, fitness for caregivers, and staying positive as a caregiver. The relaxation room will offer attendees the opportunity to experience mini-massages, Reiki, aromatherapy, art therapy, and much more. Caregivers can also learn about resources available to them at the exhibitors' fair that will go on throughout the day.



Two workshops that are always very popular are the men's discussion groups. Since caregivers are primarily (70%) women, many resources are geared toward them. However as the 2006 Met Life study has shown us, the percentage of men taking on the role has more than doubled in the last two decades.



Participants have told me that the other men they have met have been incredibly helpful and that many stay in touch. So if you know any caregiving men, please encourage them to come.

The day concludes with a lovely sit down lunch. Call **Sheryl Leary at 781-784-4944 to register for Caregivers Day. The cost is \$10.00 per person** and includes the lunch. I will be attending with several caregivers from the Ethos service area. Call Leslie Ahern 617-477-6676 to join us.

Caregiver Info Fair at Faulkner



Join Ethos on Thursday September 10, 2009 from 11AM to 2 PM

Have you seen the Faulkner hospital since it has been beautifully renovated? Well, here is your chance. Walk through the beautiful new atrium pictured above and up to the new roof top café which overlooks the arboretum.

Please stop and say hi to us at the info fair which will be stationed right outside the cafeteria and new café. Ethos' caregiving program will be there with the **Boston Center for Rehabilitation** who is the generous host of Ethos' caregiving support groups. They make sure that twice a month our caregivers have free safe parking, a comfortable meeting room, refreshments and the best home made cookies ever.

We will, of course, have available all of our information on caregiving. However, we will also have information on programs that **Ethos** provides to seniors and caregivers in Southwest Boston. This is a great way to learn about the Ethos' mission and the many services it provides to keep seniors safely in their homes.

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 **September 8, 2009**. BNN is aired on Comcast Channel 9 and RCN channel 15.



For more information, please contact:

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www.caregiveralliance.org

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 –**Day change this Month*

This free monthly group will meet on ***Tuesday, Sept.8, 2009 from 6:00 -7:30 PM** (due to Labor Day holiday) 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

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, September 21, 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. Contact: **Leslie Ahern at 617-477-6676**. **Group usually meets the third Monday of the Month.**

