

CAREGIVER ALLIANCE CARES

The Alliance at Central Boston Elder Services

SPRING NEWSLETTER 2011

Know Your Options

Long term care is a large multi-faceted industry which makes it hard to know what would be the best for yourself or a family member.

Fortunately, **Central Boston Elder Services** is now providing a new **free Options Counseling** program. It will inform you and your family about choices of care. You can ask your doctor about an Options counselor.



An Options Counselor advises people who are soon to be discharged from a hospital or rehab facility; have been admitted to a long-term care facility following a hospital stay; are facing admission to or residing in a nursing facility; or can remain in the community if a family caregiver receives the needed assistance.

An Options Counselor can help you develop your own personal long-term care plan and connect you to options and supports that helps you remain in the community

. **Whether you are:**

- In a nursing home
- In the hospital
- In a rehabilitation facility
- In a community setting
- Or in your own home

There are even programs that can pay family to provide care for you.



The options counselor will come to you in a hospital, a rehabilitation center or where you are now living.

Find out more about this by contacting **Niecey Skeens** at **617-277-7416 x259**.

Spring Renewal for Caregivers



It has been a long time coming but finally we can see the end of ice and snow and the start of crocuses and daffodils. Did you know you can start planting sugar snap peas in March and set out pansies in early April? Springs brings a sense of renewal, strength and hope which is particularly critical for caregivers.

In several studies a majority of caregivers reported feeling less depressed as they spend more time outside in their yard or a neighborhood park. Caregivers also report that the increased sunshine and daylight hours lifted their mood.

The report recommended caregivers to start the habit of taking their care recipients outside or on the porch, if possible. Small gardening projects are often very satisfying for those with cognitive loss or dementia. You can even grow vegetables on your porch and you can find out how at www.containergardentips.com

Many people don't realize you can get a special permit to drive within the beautiful **Arnold**



Arboretum at specified times. You can call their office at **(617) 384-5209** for more information. The **Mass Audubon** is well known for

their handicap accessible sanctuaries.

Visit the **Boston Nature Center in Mattapan** for a nearby treat. Find many more accessible sites at www.massaudubon.org



Get Your Tax Relief

The Circuit Breaker Tax Credit is a state income tax credit for eligible Massachusetts residents age 65 or older who paid rent or real estate taxes during the tax year. Even though the credit is based on property taxes, the state government, not the city or town, pays the credit.



Homeowners may claim the credit if they paid more than 10% of their total income for real estate taxes, including water and sewer debt charges. Renters can count 25% of their rent as real estate tax payments. As a homeowner, your property's assessed value cannot be greater than \$764,000.

You must file a state income tax return to claim the Circuit Breaker Credit. If your credit is greater than the amount of income taxes you owe, the state will give you a **refund for the difference**. The maximum credit for tax year 2010 is \$970. Your total income cannot be greater than these limits for the 2010 tax year: a) \$51,000 single b) \$64,000 head of household and c) \$77,000 married filing jointly. You may also order tax forms by calling the Department of Revenue's 24-hour automated **telephone assistance toll-free at 1-800-392-6089**.

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) 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 and press Watch Channel 9 at the show times.

Counseling and Support Group

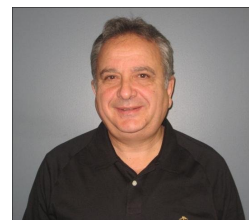
One to One counseling and support groups are provided free by caregiver advisors on issues, skills and resources to support and educate family caregivers who are caring for someone in the community. **You can call to speak to any of the advisors that you see listed below**. Please be sure to RSVP to 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.627 for above groups.



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 (Diane) Slawson at 617-277-7416 ext. 621 for above groups.

Group 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.620 for this group.

