

## SeniorPalooza Celebrates Seniors

During the month of May in honor of Older Americans Month, businesses and organizations will take part in the sixth Annual SeniorPalooza, a series of fun, free and informative activities specifically for elders and their support circles. This year, SeniorPalooza returns to West Roxbury area where it first originated. Whether you looking for advice on home care, tips on good health and exercise, help taking care of an older adult, or just want a chance to join friends in a variety of social events, SeniorPalooza has something for you. All events are open to the public. There will be 80 plus events during the month of May and more that will spill over into June. Highlights include:

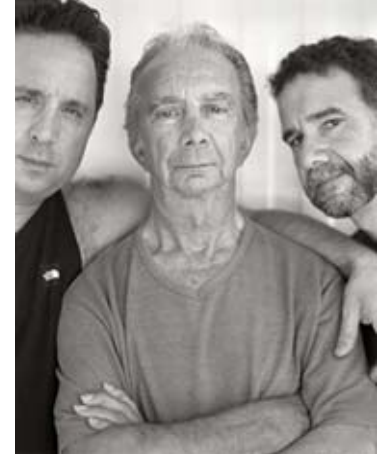
- **Lively Living Fair on May 22, 2010**  
From 10:00 AM to 2:00 PM at **St George Orthodox Church, 55 Emmonsdale Rd. in West Roxbury.** Call Cathy Slade at **617-477-6616** for information and directions. There will be several demonstrations which you can watch or “try on” to see if they are a good fit for you. There will be Tai Chi, Yoga and line dancing for exercise. There will also be stress reducers like chair massages, relaxation and guided imagery and laughter yoga.
- **Hollywood, Here I Come! Senior Prom Dance & Luncheon on May 27, 2010**  
at the Irish Social Club, 119 Park Street this year.

## Upcoming Event for Caregivers

- **“Caregiver Wellness” – short film and discussion** will be held Tuesday, June 15, 2010 at 6:00-7:15 PM at Harvard Vanguard Campus, 291 Independence Drive in West Roxbury. Call Leslie Ahern **617-477-6676** to pre-register.

## Taking Care of Dad

This will be the DiRado brothers' first Fathers Day since their dad died. Chris on his left and Steve on his right with the rest of their family have been caring for Dad for the last fifteen plus years as his Alzheimer's' disease progressed. They also combined their artistic talents (in the footsteps of their Dad who was an award winning artist for the state of MA) to document and tell the story of their Dads journey and in the process their own as caring sons.



“This last family *work of art* really brought us closer and helped our family cope”, said Photographer Steve Dirado. His brother Chris followed his family with his video camera [www.webstreet101.com](http://www.webstreet101.com) capturing his Dad, his brother; sister and mom as each one shared their own style and art of providing care. The TV program **Taking Care** had both brothers on for a special show where they could share their care giving experiences in person. Steve also showed his beautiful artistic portraits, while Chris shared how he documented through video both the artistic and Caregiving journey.



I urge you to go to [www.stephendirado.com/gene](http://www.stephendirado.com/gene) where you can view some of both the photos and videography. Soon you will also be able to view their TV interview at [www.Takingcare.TV](http://www.Takingcare.TV). This picture showed a critical point. Their Dad is looking into the mirror, but when Steve asked him what he saw; his Dad said “I see the man in the mirror. He is a nice Man.” Steve knew at this point that his Dad no longer recognized himself and responded “yes, he is a very nice man.”

## Caregiving on Community TV

Remember to watch **Agewise** on BNN-TV every second Tuesday of the month at 2:30 PM.



Hosts Leslie Ahern and Paul Antokolsky

“Taking Care” ([www.takingcare.tv](http://www.takingcare.tv)) airs live 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](http://www.bnntv.org) and press Watch Channel 9 at the show times mention above. June highlights include:

### June 9<sup>th</sup> -Partners in Healing

Dr. William Collinge is back again to talk about simple ways to offer support, comfort and care to a loved one facing illness. His research was a success and now he offers a very affordable book and DVD that show us all how to bring that to our partners.



**June 16<sup>th</sup>-Sandy Hovey** who is the Director of Protective Services for the city of Boston joins us as part of **World Elder Abuse Awareness Day**. We will be showing **An Age for Justice** which is a short documentary that brings you into the homes of courageous American elders, to hear their poignant stories of abuse, neglect and what can be done to make it stop.



### June 23<sup>rd</sup> - Dr. Larry Diamond Speaks on Health Care Reform

Dr. Larry Diamond has some good news on some positive changes that may affect you and your family later this year.



Please note all services are provided free and no income verification is required. For more information or to receive this newsletter monthly, please contact: **Leslie Ahern Family Care Advisor** 617-477-6676 [LAhern@ethocare.org](mailto:LAhern@ethocare.org)  
 ETHOS, 555 Amory Street, Jamaica, Plain, MA 02130 [www.ethocare.org](http://www.ethocare.org)  
[www.caregiveralliance.org](http://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

This free monthly group will meet on **Monday, June 7<sup>th</sup>** Boston Center for Rehabilitative and Sub-Acute Care 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”.** ©



### LGBT\* Caregiver Support Group

This group usually meets the first Monday but Please contact Joanne Peskowitz at **(617) 271-4182** for exact dates.

\*Lesbian/Gay/Bisexual/Transgender



### “Taking Care of Me” Support Group

The group will meet Monday,, **June 21, 2010 at 6PM** at Boston Center for Rehabilitative and Sub-Acute Care in West Roxbury. It is accessible by MBTA and there is free parking. Contact: **Leslie Ahern at 617-477-6676**. Group usually meets the **third Monday of the Month**.