



Caregiver Support Quarterly

Take Care of Yourself, So You Can Care For Your Loved One!



Cornell University
Cooperative Extension

Caregiver Resource Center

A partnered program of Cornell Cooperative Extension & Office of the Aging of Sullivan County
Joe Walsh, Director Cornell Cooperative Extension / James A. Lyttle, Director Office for the Aging

A Class for FRUSTRATED Caregivers!

WHEN: Starts Monday, May 4 for seven classes.

TIME: 6-8 pm

WHERE: Cornell Cooperative Extension of Sullivan County, 64 Ferndale-Loomis Road, Liberty

RSVP: by MAY 1 at 292-5250- speak to Linda

CLASS REQUIREMENTS: A minimum of 6 and maximum of 10 (for this class to be effective).

FEE: FREE - refreshments will be served at each class. Donations appreciated.

These classes are to help with the anger, frustrations and difficulties caregivers face.

May 4: Understanding Frustration

May 11: The ABC Model

May 18: Danger Signals, Stop Signs & Adaptive Thoughts

(NO May 25- Memorial Day Holiday)

June 1: Identifying & Correcting Unhelpful Thoughts

June 8: Diary of Thoughts & Personal Declarations

June 15: Being Assertive & the Broken record Technique

June 22: Accepting Your Assertive Rights

Learn basic methods to relax, control your negative thoughts,
and how to act assertively when necessary.



Basic CPR & AED Skills for the Caregiver

WHEN: Thursday, June 18 from 6-8 p.m.

WHERE: Cornell Cooperative Extension - Conference Room 'A'

WHAT: This two-hour class for caregivers provides basic CPR skills as well as how to use an A.E.D. (Automatic External Defibrillator).

INSTRUCTOR: Amanda Speer, M.S., Family & Youth Team Development Coordinator

FEE: Free~ Donation Appreciated.

Provided by NYS OFA Caregiver Resource Center Grant

CPR course is from the American Heart Association and will be for **non-certification**.

A maximum of SIX caregivers can be accommodated.

**Further class opportunities will be arranged if there is a demonstrated interest
(a sign-up sheet will be maintained).**



We're updating our files. Do you have email? Would you like us to take you off the mailing list?

We would like to send more of the *Caregiver Support Quarterly* newsletters by email to our caregivers.

Please call me at 292-5250 or send your information to me at bjl25@cornell.edu ~ thank you, *Bonnie*

Clip & Keep: Caregiving organizations and resources

<p><u>Family Caregiver Alliance/ National Center on Caregiving.</u> A central source of information for caregivers, families, providers, media and policy makers. National telephone hotline, downloadable workbooks and fact sheets include caregiving issues and strategies, legal issues, health conditions, etc. (many in Spanish and Chinese).</p>	<p style="text-align: right;">1-800-445-8106 (Weekdays, 9 - 5 pm) http://www.caregiver.org</p>
<p><u>Children of Aging Parents.</u> An online support group for adults caring for their parents or other relatives. Also provides a list of in-person support groups in different states.</p>	<p style="text-align: right;">1-800-227-7294 http://www.caps4caregivers.org</p>
<p><u>Rosalynn Carter Institute for Caregiving.</u> Hosted by Georgia Southwestern State University. Provides information on caregiver programs, education and training, publications and current events for family caregivers.</p>	<p style="text-align: right;">1-404-463-3524 http://www.rosalynncarter.org</p>
<p><u>Eldercare Locator - Area Agencies on Aging (AAAs)</u> Links older adults and their family members to state and local area agencies on aging (AAAs) and community-based organizations that help older adults remain at home and in the community. AAAs offer:</p> <ul style="list-style-type: none"> • <u>Information and Assistance</u> • <u>Care Management</u> • Nutrition Services (i.e., <u>Meals on Wheels</u>) • Legal Assistance • Services for family caregivers through the <u>Family Caregiver Support Program (FCSP)</u> 	<p style="text-align: right;">1-800-677-1116 (Weekdays, 9 - 8 pm) http://www.eldercare.gov</p>
<p><u>Well Spouse Association</u> National, non-profit membership organization that provides support to wives, husbands, and partners of the chronically ill &/or disabled through support groups in communities all over the country.</p>	<p style="text-align: right;">1-800-838-0879 http://www.wellspouse.org</p>
<p><u>Benefits Checkup</u> Online service of the National Council on Aging. Helps seniors & their families determine their eligibility for &/or enroll in federal, state, local & private benefit programs including <u>Medicare</u> and <u>Medicaid</u>.</p>	<p style="text-align: right;">http://benefitscheckup.org</p>

“Step Into Summer” - A Picnic Social!



A picnic, a gentle walk on our PAR course (behind CCE) and beautiful music provided by **Jan Hirsch and her ‘Angel Harp’** will kick off our summer for family caregivers. This social program is for all informal family caregivers, their care receiver, as well as individuals diagnosed with dementia and their primary caregivers.

Hot dogs, deserts and beverages will be provided - pot-luck side dishes to pass would be appreciated.

Social programs like our caregiver picnic offer a fun opportunity to relax, gain new perspectives, learn new resources and maintain outside social contacts within a comfortable atmosphere!

Free ~ Donations are appreciated.
 Reservations are required.

Saturday, June 13, 10-12 p.m.

Cornell Cooperative Extension

64 Ferndale-Loomis Rd

Liberty, NY

Speak to Linda when you RSVP

@ 292-5250

Provided by:

The NYS Office for the Aging and

Sullivan Co. Caregiver Resource Center



alzheimer's association™

Caregiving ~ Hand in Hand Summer Conference

The Alzheimer's Association, in collaboration with the Caregiver Resource Center will be holding a summer conference for all informal family caregivers, and for individuals assisting those diagnosed with dementia. *Refreshments will be served*

Program:

1. **'On the Brink; A CG Journey'**
by Authors Sheila Keck & Marty Haase.
1. **Who Am I Now?** –
by Jennifer Rowe, MSW
1. **The Importance of Touch** –
by Tracie Orozco, Massage Therapist



Location: Cornell Cooperative Extension
(64 Ferndale-Loomis Road, Liberty)

When: **Thursday, 7/16/09 from 1-4pm**

Fee: \$10.00

REGISTRATION PLEASE by July 10
AT 794-3774 (Alzheimer's Association).

Please make your registration payable to -
Alzheimer's Association

Mail to: Alzheimer's Association
453 Rt 211 East, Suite 301,
Middletown, NY 10940

Alzheimer Caregivers Support Group

Families coping with Alzheimer's Disease are welcome to come to CCE at 5 pm (right before Caregiver Conversations) for a support group totally focused on Alzheimer Caregivers.



If you are interested call the Cooperative Extension at 292-5250.

Taking ourselves less seriously

*Angels can fly because
they take things lightly - Anonymous*

Some events are clearly sad and not occasions for laughter. But most don't carry an overwhelming sense of sadness or delight. Most fall into the gray zone of ordinary life, and they give us the choice to laugh or not. One characteristic that helps us laugh is not taking ourselves too seriously.

We've all known the classic tight-jawed sourpuss who takes everything with deathly seriousness and never laughs at anything.

Here are some ways we can lighten up.

- ☺ View your life in context. Even world leaders realize they have limited ability to affect others' lives. While we might think taking the weight of the world on our shoulders is admirable, in the long run it's unrealistic, unproductive, unhealthy and even egotistical.
- ☺ Be less serious. While your caregiving is serious business, being overly serious about it weighs you down and lessens your enjoyment of your relationship.
- ☺ Deal with your stress. Stress is a major impediment to humor and laughter.
- ☺ Laugh at yourself. Share your embarrassing moments. The best way to take ourselves less seriously is talk about times when we took ourselves too seriously!

Source: http://www.helpguide.org/life/humor_laughter_health.htm

Kinship Navigator

<http://www.nysnavigator.org>

A growing number of grandparents and other older relatives are caring for their grandchildren and other relative children due to death, substance abuse, mental illness, incarceration, military deployment and other reasons. The **Kinship Navigator**, is an on-line statewide resource for information and referral where you can access information on laws, legal rights and issues on custody and visitation, eligibility for benefits and entitlement programs, tax credits, respite care and other local services. The toll-free number is **1-877-454-6463** to speak to a representative, or **email: navigator@nysnavigator.org**



CAREGIVER RESOURCE CENTER

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Caregiver Conversations 2009

Group meetings continue to be held at 6 pm, the last Wednesday of the month. Informal family caregivers of an aging, ill, or disabled relative or friend are welcome. The agenda includes an educational subject related to caregiving along with an open forum for discussion, as we enjoy coffee & dessert.

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|--------------|-----------------|
| 1. APRIL 29 | 6. SEPTEMBER 30 |
| 2. MAY 27 | 7. OCTOBER 28 |
| 3. JUNE 24 | 8. NOVEMBER 18 |
| 4. JULY 29 | (1 WEEK EARLY) |
| 5. AUGUST 26 | 9. DECEMBER |
| | (NO MEETING) |

Guest Speakers:

April 29: **Susan Dollard**,
Financial/Consumer Education @ CCE~
Info on senior scams & fraud

May 27: **Nancy Kracht**,
DFS Adult Protective Services

Stress Management & the Use of Laughter



This course offers participants an opportunity to learn about simple and powerful tools that can be used to conquer stress and its underlying causes.

Individuals will learn how to rid their lives of unnecessary self stressors and deal with those that are unavoidable in a systematic fashion.

Caregivers will assess their personal time and activities that might aid in stress relief. Open discussion and group work will make this course an unforgettable and life altering opportunity.

When: Tuesday, 5/19/09 5-7 p.m.

Where: Cornell Coop. Extension

Fee~ Free! Light Refreshments

Please R.S.V.P. by May 15 (Friday)