

The Caregiver's Voice

For People Caring for Family, Friends, and
Neighbors

Volume 1, Issue 2

Spring 2008

The Caregiver's Voice is a quarterly publication of the AA County Department of Aging & Disabilities' National Family Caregiver Support Program. Contact us at: 410-222-4464 ext 3094, at caregiver_support@aacounty.org

Inside this issue

Recognizing a Stroke	2
Save the Date—Wellness Day for Caregivers	2
Grandparents Raising Grandchildren	2
Boundary Lines (Mary Fridley, RN, BSN, BC)	3
Support Groups	3
DoAD Programs	4

16th Annual Conference for Caregivers

It's not too late to register for the 16th Annual Caregivers' Conference!

Brought back by popular demand, Marjorie Cotterman, R.N. will open the day as our key note speaker. Break-out sessions in the morning and afternoon will provide opportunities for caregivers to learn about the mental health, legal, and nutritional issues involved in caregiving. The day will close with a presentation by Evelyn McLay, co-author of *Mom's OK—She Just Forgets*.

A variety of exhibits and vendors will be available throughout the day to showcase information and products to assist you in your caregiving duties.

A continental breakfast, lunch, door prizes, and entertainment by the *South County Show Stoppers* will add

to the day's festivities.

Registration for the event is \$10. (An additional \$10 is required for professional caregivers requesting CEUs in Nursing or Social Work.)

Active Day of Annapolis Center will provide free respite care for your loved one. To reserve a space, call 410-573-9100 no later than April 18th.

To register for the conference, call 410-222-4464 ext 3043/3045 or register on-line.

This year's conference is presented by the Anne Arundel County Department of Aging and Disabilities along with Active Day of Annapolis Center, the Alzheimer's Association, the Baltimore-Washington Medical Center, Generations, and Somerford Place of Annapolis.

**16th Annual
Caregivers' Conference
Annapolis Senior Activity Center
Saturday
April 26, 2008
9:00 am—2:30 pm**

*For more information or to register,
call 410-222-4464, ext 3043 or register on-line at:
[http://www.aacounty.org/Aging/needinCare/
compCaregiver.cfm](http://www.aacounty.org/Aging/needinCare/compCaregiver.cfm)*

Spring Workshops



Workshop 1: *Is there help out there? Resources & Services*
Workshop 2: *Elder Speak: When a loved one won't listen*
Workshop 3: *I'm not Waving, I'm Drowning: Emotions & Coping Skills*

Maryland City Activity Center

Resurrection of Our Lord
8402 Brock Ridge Road Laurel
Tuesdays Apr 22, 29 & May 6
1-3 pm

Pasadena Senior Center

4103 Mountain Road
Wednesdays May 14, 21, 28
1-3 pm

Pascal Senior Center

125 Dorsey Road, Glen Burnie
Tuesdays Apr 15, 22, 29
6:30-8:30 pm

South County Senior Center

27 Stepney's Lane, Edgewater
Thursdays Apr 3, 10, 17
6:30-8:30 pm

Summer Workshops



*A Primer for Alzheimer's
Disease*

Annapolis Senior Center

119 South Villa Ave.
Tuesday, June 17 (6-8 pm)

Arnold Senior Center

44 Church Road
Monday, June 9 (6:30-8:30 pm)

Brooklyn Park Senior Center

202 Hammonds Lane
Thursday, June 19 (1-3 pm)
(continued on page 2)

Spring/Summer Workshops

(cont from pg 1)

Maryland City Activity Center

Resurrection of Our Lord
8402 Brock Ridge Road Laurel
Tuesday, June 3 (1-3 pm)

O'Malley Senior Center

1275 Odenton Road Odenton
Tuesday, June 24 (6-8 pm)

Pasadena Senior Center

4103 Mountain Road
Wednesday, June 18 (1-3 pm)

Pascal Senior Center

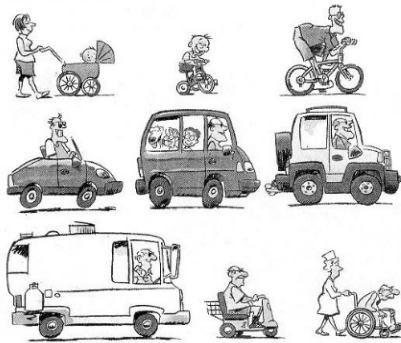
125 Dorsey Road, Glen Burnie
Tuesday, June 10 (6:30-8:30 pm)

South County Senior Center

27 Stepney's Lane, Edgewater
Thursday, June 5 (6:30-8:30 pm)

For more information, or to register for the Workshops, call 410-222-4464, ext 3043 or register on-line at: <http://www.aacounty.org/Aging/needngCare/compCaregiver.cfm>

The Wheels of Life



Recognizing a Stroke

Sometimes symptoms of a stroke are difficult to identify and the lack of awareness spells disaster. The stroke victim may suffer severe brain damage when people nearby fail to recognize the symptoms of a stroke. Now doctors say a bystander can recognize a stroke by asking three simple questions using the first three letters of the word **STR**oke:

S *Ask the individual to **SMILE**.

T *Ask the person to **TALK**— to speak a simple sentence **coherently**. (i.e. It is sunny out today.)

R *Ask him or her to **RAISE BOTH ARMS**.

You can also ask the person to stick out their tongue; if the tongue is 'crooked', if it goes to one side or the other, that is an indication of a stroke.

If he or she has trouble with any one of these tasks, call 911 immediately and describe the symptoms to the dispatcher.



Save the Date!

**7th Annual
Wellness Day for Caregivers
Saturday
September 20, 2008
Annapolis Senior Activity Center**

A day of pampering for caregivers!

Grandparents Raising Grandchildren



It's hard to believe that Spring is here and we're already making plans for the summer. To help in making those plans, there are numerous programs in the county for your grandchildren from sports and art activities to academic enrichment to grief counseling.

Hospice of the Chesapeake hosts camps for children grieving the loss of a loved one. *Camp Nabi*, designed for youth ages 6-13, will be held August 15-17 and *Camp Phoenix Rising*, designed for grades 9 through 12, will be held July 18-20. Both camps are held at Arlington Echo in Crownsville. Registration fee is \$25.

Hospice of the Chesapeake also offers an evening support group— *Stepping Stones*— for youth ages 6-17. Guardians also attend this six-week session. There is a fee of \$60 per family.

For more information or registration for Hospice camps or support group, contact

Karen Frank at 410-987-2003.

Through AACC's **Kids in College** program, your grandchild can explore new activities and interests in a noncompetitive and fun learning environment. During the summer, Kids in College offers some of the area's most popular full-day and half-day camps. For more information and registration, contact the Arnold Campus at 410-777-2010.

The AA County **Department of Recreations & Parks** will be offering one-week and two-week day camps for pre-school through grade 11, "Summer Fun Centers" for pre-school through pre-teen, specialty camps for all ages, and "A Place for All Abilities" camp for challenged youth ages 4 through 21. Camp dates are from June 23 to August 15 at locations throughout the County. For additional information call (410) 222-7313.

The **Salvation Army** summer day camp program offers summer adventures for



elementary-aged school children.

Programs include team sports, games, swimming, arts and crafts, nature walks, Bible study and weekly field trips. The Day Camp Program is offered in Annapolis. For more information, call (410) 263-4091.

Check out the **YMCA/YWCA** summer programs at www.ymca-maryland.com or call (410) 267-7273 or (410) 760-4363.

The Anne Arundel County Department of Aging & Disabilities National Family Caregiver Support Program has a **limited** amount of funding available to assist with support group and recreational activity fees for grandparents and other relative caregivers ages 55+ who are the primary caregiver for children ages 18 and younger. For more information, contact Patty Brandenburg at (410) 222-4464 ext. 3043.

Support Groups



Mary Fridley, RN, BSN, BC, facilitates a monthly support group at the Department of Aging and Disabilities office at 2666 Riva Road, Suite 400 in Annapolis. These sessions are

held on the third Tuesday of the month from 1-2:30 pm. Spring sessions are scheduled on April 15, May 20, and June 17. *Please note: If AA County schools are closed, or close early due to inclement weather, there will be no meeting that day.* For more information, call Patty Brandenburg at 410-222-4464.

Pam Cullen, LCPC, will be facilitating a support group that meets once a week for 1½ hours for six (6) weeks. Sessions will be held at the Department of Aging and Disabilities office at 2666 Riva Road, Suite 400 in Annapolis. For more information, or to register for a 6-week session, contact Pam Cullen at 410-222-4366.

Additional community support groups:

Seton Parish Church
1800 Seton Drive
Crofton, MD 21114
Mary Fridley, 410-266-9666
1st Tuesday, 7:00 PM

The Tate Center, BWMC
305 Hospital Drive
Glen Burnie, MD 21061
Courtnee Tate, 410-553-8129
2nd Wednesday, 10:00 AM

Alzheimer's Support Groups
Anne Arundel Medical Center
Sajak Pavilion, Suite 250B
Annapolis, MD 21401
410-721-3258
4th Tuesday, 7:00 PM

Genesis Eldercare – Severna Park
24 Truckhouse Road
Severna Park, MD 21146
Inbal Noun, 410-544-4220
2nd Monday, 7:00 PM

Morningside House of Friendship

7548 Old Telegraph Road
Hanover, MD 21076
Kathy McNally, 410-519-6085
3rd Thursday, 7:00 PM

Mariner Health of Glen Burnie

7355 Furnace Branch Road
Glen Burnie, MD 21060
410-766-3460
4th Tuesday, 7:00 PM

Somerford Place (Spouses Only)

2717 Riva Road
Annapolis, MD 21401
Gayle Papa, 410-224-7300 x210
2nd Monday, 2:00 PM

St. Paul's Lutheran Church Parish

308 Oak Manor Drive
Glen Burnie, MD 21061
Marilyn Spletzer, 410-969-9299
1st Thursday, 7:00 PM

Parkinson's Support Group

Elks Lodge, 160 Truckhouse Road
Severna Park, MD 21146
Ralph Luther, 410-360-9480
4th Tuesday, 12:00 – 2:00 PM (can bring bag lunch)

Boundary Lines (Mary Fridley, RN, BSN, BC)



Do you rush in and drown when confronted by the neediness of your loved one, or do you withdraw and hide? Either action creates anxiety;

anxiety that is born from the inability to separate emotionally from the situation and set firm boundaries that “balance generosity with self-preservation” (*Setting Limits to Caregiving*, Roberta Satow).

Boundaries are set to protect us from harm; to protect and preserve us emotionally, physically, and spiritually.

Setting Boundaries comes down to saying “no” and allowing others to help. The first step is to create supportive affirmations such as: “I have the right to set boundaries and protect myself”; “My health and well-being are important and I will allow others to help”. Write them in a journal and refer to them frequently. Next, make a list of caregiving duties that drain you, that you cannot do, or that you do not want to do. Now make a list of who can help then pick

up the phone and start calling. The worst that can happen is they say no. Will it make things any different than they are now? Be pleasant but direct. For example: “Hello, Sally. You said if I ever needed your help to give you a call. I need someone to stay with mother for a couple of hours on Tuesday while I go to the dentist. Can you come over?” Avoid apologizing. After-all, Sally offered and you are taking her up on it. If she says she is not available, tell her you will try again another time - and then go on to the next person on your list.

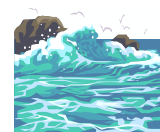
Learn to communicate with your loved one without anger, resentment, or defensiveness. Take a deep breath and step back before responding to a request or demand. You do not need to answer immediately if you are feeling pressured. Respond by saying, “I’ll give it some thought and we can talk about it again on Thursday. Offer options such as, “I know you want me to take you shopping, but today is not a good day. Would Friday be

okay, or would you rather Sally take you?” Remember you are saying “no” to the task, not rejecting your loved one.

The same holds true for saying no to community or church requests. If you do not have the interest, desire, or time, it is okay to say no. There are many demands in your life and it is necessary to establish healthy boundaries for preservation of self.

Blessings, Mary

“When you can confront an ocean of need, bring a cup”



~ Rev. Michael Moran, First Congregational Church, New Milford, CT,
Setting Limits to Caregiving
by Roberta Satow

Anne Arundel County Department of Aging & Disabilities
National Family Caregiver Support Program

2666 Riva Road, Suite 400
Annapolis, MD 21401

Phone: 410-222-4464 ext 3043
Email: caregiver_support@aacounty.org

We're on the web!
www.aacounty.org



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Fax: 410-222-4360
www.aacounty.org/Aging

- Senior Information and Assistance
- Adult Evaluation and Review Service (AERS)
- Foster Grandparents
- Handy Cab Program
- Senior Centers & Senior Center Plus
- Respite Care Referral Program
- Retired and Senior Volunteer Program (RSVP)
- Medicaid Waiver Program
- Community Care Partnership
- Friendly Visitors Program
- Senior Housing Assistance
- Adult Public Guardianship
- Senior Legal Assistance
- Long-Term Care Ombudsman
- Senior Nutrition Program
- Telephone Reassurance
- Van Transportation
- Pets on Wheels/MOM AND ME
- Senior Health Insurance Assistance Program (SHIP)
- Senior Medicare Patrol (SMP)
- Medical Assistance Personal Care Program (MAPCP)
- Carrier Alert
- Disabilities Information & Awareness Line
- National Family Caregiver Support Program

National Family Caregiver Support Program Staff

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