

The Caregiver's Voice

For People Caring for Family, Friends, & Neighbors

Volume 4, Issue 4

Fall 2011

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 3043

or

caregiver_support@aacounty.org

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News from the Department of Aging & Disabilities

County Executive John R. Leopold announced the appointment of Pam Jordan as the new Director of the Department of Aging and Disabilities upon the retirement of Dr. Carol Baker.

"Pam Jordan is the perfect person to take over the department that serves our seniors and people with disabilities because of her passion for helping people and her support of my priority interest in assisting individuals with disabilities," County Executive Leopold said. "I wish Dr. Baker the best in her retirement. It was very important to keep the department moving forward without skipping a beat, and Ms. Jordan is uniquely qualified to accomplish that goal." The appointment is effective October 1.

Fall 2011 Caregiver Workshops

Mary Fridley, RN, BSN, BC—Gero-Resources, LLC



THE DEMENTIA SERIES: LIVING IN THE LAND OF OZ

Annapolis Senior Center

119 S. Villa Avenue

Mondays: Nov. 7, 14, 21

(2:30-4:30 pm)

Sponsored by Somerford Place Annapolis

Arnold Senior Center

44 Church Road

Mondays: Dec. 5, 12, 19

(6:30-8:30 pm)

Brooklyn Park Senior Center

202 Hammonds Lane

Mondays: Oct. 10, 17, 24

(1:00-3:00 pm)

O'Malley Senior Center

1275 Odenton Road, Odenton

Thursdays: Oct. 6, 13, 20

(5:30-7:30 pm)

Sponsored by Lasting Tributes

Pascal Senior Center

125 Dorsey Road, Glen Burnie

Tuesdays: Nov. 15, 22, 29

(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>

Friends of Arundel Seniors (FOAS)



Getting in or out of the shower or climbing out of the tub isn't a challenge for most middle-aged adults, but it can be for many seniors and disabled

adults. They find equipment like hand grips and tub bars can improve their mobility and make their bathrooms safer places.

As the county population grows older, many seniors are staying in their own homes rather than moving to retirement communities where these safety amenities have been installed. They know putting these bars and other safety equipment in their homes is a good idea. But such equipment might be beyond their financial capabilities or even their physical abilities to do the work.

So what does a senior do? Who can help? You should call on Friends of Arundel Seniors Inc.

In 2011 Friends of Arundel Seniors Inc. (FOAS) observed 26 years of providing unselfish services to seniors and disabled adults in Anne Arundel County. The volunteers have been providing and equipping homes with bathtub safety grips, bathtub benches, elevated toilet seats, tub mats, and smoke detectors among other safety features since 1985.

The late retired Rear Adm. Norbet "Frank" Frankenberger started the group, helping needy seniors with transportation needs and dental care. Shortly afterwards a new goal was established – purchasing and installing safety equipment in the homes of the disabled and low-income seniors.

In the early days Adm. Frankenberger and another volunteer, George Van Mater, responded to less than 40 requests for help per year. As requests grew, more volunteers were needed. FOAS now handles close to 450 calls per year. Dr. Lloyd Lewis, of Edgewater, is president of the nonprofit's board of directors and is a Kiwanian. He began recruiting fellow members from Anne Arundel-based Kiwanis clubs. Today there are more than 30 trained and insured Kiwanis and Partners in Care equipment installers and several coordinators. Of the 20 members of the Annapolis Kiwanis Club, 10 are active with FOAS.

Each year the group spends about \$20,000 on equipment which is purchased at a discount mainly through Health & Mobility, a shop in Severna Park. FOAS also works closely with the county Department of Aging and Disabilities. Its staff receives requests from social workers, nurses, other medical professionals, case workers, and people who call the

Department directly asking for help. The Department screens referrals, and clients are notified in advance what a suggested contribution might be to cover equipment costs. FOAS does its work on a sliding scale, and clients pay only a fraction of the actual cost.

A 501(c)3 nonprofit, FOAS also accepts tax-deductible donations from service clubs, corporations, the public, and clients. In addition, it receives funding from the publication of this annual directory, "Services for Seniors, Adults with Disabilities, and Caregivers." The free directory is a joint effort of the Senior Services Provider Group, the Department of Aging and Disabilities, and What's Up? Publishing Group, which makes a donation to FOAS from the profits from advertising in the resource guide. The directories are available at the Department headquarters, the seven county senior activity centers, Food Lion grocery stores, WaWa's, libraries, hospitals, assisted living facilities and nursing homes around the county.

For more information on FOAS or to receive assistance or make a donation, call Sandy Berkeley at the county Department of Aging and Disabilities at 410-222-4257.

Grandparents Raising Grandchildren (Chere Torsiello, Kinship Navigator)



If you provide care for a relative child - 24 hours a day, seven days a week – let Anne Arundel County help support your Kinship experience. For Kinship

information, resources, and community supports contact Chere Torsiello, Kinship Navigator at 410-897-3933 or email at Ctorsiel@dhr.state.md.us. Request a free Kinship Resource Manual and learn of monthly confidential support groups tailored towards meeting the unique needs of Kinship Caregivers.

[Kinship Caregiver Support Group](#)

Schedule:

October 11: Pascal Senior Center, 6:30-8:00 pm

October 18: Annapolis Library, 1:00-2:30 pm

November 8: Pascal Senior Center, 6:30-8:00 pm

November 15: Annapolis Library, 1:00-2:30 pm

December 13: Pascal Senior Center, 6:30-8:00 pm

December 13: Annapolis Library, 10:00-11:30 am

(The Pascal Senior Center is located at 125 Dorsey Road, Glen Burnie; the Annapolis Library is located at 1410 West Street.)

Year 2 Highlights and Thanks!

- Thanks to the Kinship Caregivers who attend & share their stories and to the guest speakers who have donated their time & .
- The Kinship Resource Manual is published offering essential county, state-wide, and National resources for Kinship caregivers.
- John Leopold, County Executive of Anne Arundel County proclaimed October 7 2010 as Kinship Resource day in Anne Arundel County. Anne Arundel

County recognizes Kinship Caregivers at two resource events, assisting close to 100 Kinship Caregivers.

- Kinship Navigation services partners with Anne Arundel County Department of Aging & Disabilities to provide information at the 10th Annual Wellness Day.
- Special thanks to Mary Felter, public information officer for the Anne Arundel County Department of Aging and Disabilities whom has invested considerable time and energy in promoting on-going Kinship updates through multiple publicity efforts. Kinship Services appreciates your mission of helping spread the word of the ongoing resources Anne Arundel County offers Kinship Caregivers.

Time to Replenish the Well (Mary Fridley, RN, BSN, BC)

Caregivers are notorious for helping others at the expense of neglecting themselves. Giving of self without replenishing the well causes body, mind, and spiritual exhaustion - a condition known as burnout. If not caught early enough it is a slippery slide into clinical depression. There are several things you can do to replenish and maintain your well-being. Start by prioritizing tasks and responsibilities and managing your time wisely. Allow others to help and delegate tasks that you can't or don't want to do. If there is no one available, hire someone. Identify your limits and don't take on more than you can handle. It's ok to say "no" to unsolicited requests for your time.

Let go of things you cannot control. All the energy you can muster cannot control what's happening to your loved one. Accept what is and move on...one day at a time. Choose your battles wisely and shout "So what" as often as needed. Is it really necessary to battle over bathing? Say "So What?" and wash up at the sink.

Distance yourself from people who bring you down and surround yourself with positive energy. Join a support group to learn how to manage and cope. This camaraderie of like people will help sustain you during difficult times.

Set aside thirty minutes each day to relax in silence, regroup, and renew. Thirty minutes of continuous exercise a day is also recommended and can be broken down into three ten-minute

sessions. Walking is easy and no equipment is needed: it promotes bone health, revs up metabolism to burn calories, and jumpstarts feel good chemicals in the brain.

Journaling is influential in promoting good emotional health. Some people journal every morning or evening, some do it as thoughts come to mind. It doesn't matter. Use it as a powerful tool for reflection and self-improvement.

Nurture your friendships and remain socially active. If you can't get out as often as you'd like, invite friends in. Let them know you are still interested in them and they in turn will remain interested in you. In the end, it's your friends who see you through.

Forgive yourself for not being perfect. You are only human and born with the same flaws as everyone else. Give yourself a big hug and say, "I love you" at least once a day...because you are the most important person you know.

And last but not least, don't forget to laugh. It's ok to laugh about a situation, to laugh with your loved one, and especially laugh at yourself. A wise person said, "Blessed are those who can laugh at themselves for they shall never cease to be amused".

*Blessings,
Mary*

Join the Walk to End Alzheimer's Disease



Saturday, October 15, 2011
Savern School, Severna Park

To register, call
410-561-9099

or register on-line at:

<http://www.alz.org/maryland/>



Links for Caregivers of Veterans

www.caregiver.va.gov
www.VeteranCaregiver.com
Www.BlueStarFam.org

Support Groups



Mary Fridley, RN, BSN, BC,
facilitates monthly support
groups at the following
locations:

Department of Aging & Disabilities
2666 Riva Road, Suite 400, Annapolis.

**3rd Tuesday of the month
1-2:30 pm.**

Pascal Senior Center
125 Dorsey Road, Glen Burnie

**2nd Wednesday of the month
1:00-2:30 pm**

FOR MALE CAREGIVERS ONLY

Arnold Senior Center
44 Church Road

**2nd Tuesday of the month
6:30-8:00 pm**

Please note: If AA County schools are closed, or close early due to inclement weather, there will be no meeting that day.

For information on other community support groups, or cancer, diabetes, cardiac, stroke or Parkinson's support groups, call Patty Lortie at 410-222-4464, ext 3043, email us at:

caregiver_support@aacounty.org

You can also download the Community Support Group flyer from the web at:

www.aacounty.org/aging.

Click on the link for *Needing Care* and click on *Family Caregiver Support*.

Parkinson's Information

The National Parkinson Foundation and Johns Hopkins Medicine will present an informational session to provide insight on the innovative Deep Brain Stimulation (DBS) Therapy. Patients & caregivers will have the opportunity to get an overview of the procedure & participate in a question and answer session with a patient who underwent DBS.

December 5, 2011 (6:00-7:30 pm)
Greenspring Station Pavilion II
Café Conference Room

(2330 West Joppa Road, Lutherville)
If interested in attending, please call
410-955-8795

To join the NFCSP mail list and receive information regarding up-coming workshops and conferences, or to receive the *Caregivers' Voice* by email, call ext 3043 or email us at:

caregiver_support@aacounty.org

Back issues of the newsletter are available on the Family Caregivers' website at www.aacounty.org/aging (click the link to National Family Caregiver Support Program).

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

2666 Riva Road, Suite 400
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Phone: 410-222-4464 ext 3043
Email: caregiver_support@aacounty.org

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

Your Logo Here!

To sponsor a quarterly edition of the *Caregivers' Voice*, viewed by more than 2,500 caregivers, contact:
Mary Chaput at 410-222-4464 ext 3045



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- Maryland Access Point (MAP)
- Information & Assistance (I&A)
- Adult Evaluation & Review Service (AERS)
- Adult Public Guardianship
- Community Care Partnership
- Disabilities Information
- Long-Term Care Ombudsman
- Medical Assistance Personal Care Program (MAPCP)
- Medicaid Waiver Program
- National Family Caregiver Support Program (NFCSP)
- Respite Care Referral Program (RCRP)
- Retired & Senior Volunteer Program (RSVP)
- Senior Health Insurance Assistance Program (SHIP)
- Senior Activity Centers
- Senior Center Plus
- Senior Housing Assistance
- Senior Legal Assistance
- Senior Medicare Patrol (SMP)
- Senior Nutrition Program
- Van Transportation
- Volunteer Programs
 - ◆ Foster Grandparents
 - ◆ Friendly Visitors Program
 - ◆ Telephone Reassurance
 - ◆ Pets on Wheels/Mom & Me

National Family Caregiver Support Program Staff

Mary Chaput, Program Director

Patricia Lortie, NFCSP Coordinator

For information on sponsoring an edition of the *Caregivers' Voice*, contact Mary Chaput at 410-222-4464, ext 3045 or email caregiver_support@aacounty.org.

The newsletter is published quarterly and distributed to more than 2,500 caregivers and available on the world-wide web.