



The Caregiver's Voice

For People Caring for Family, Friends, & Neighbors

Volume 17, Issue 1
Winter 2023

The Caregiver's Voice is a quarterly publication of the AA County Department of Aging & Disabilities' National Family Caregiver Support Program. Contact us at: 410-222-4339/4375 or caregiver_support@aacounty.org

Inside this issue

Alzheimer's Association Activities in Anne Arundel	2
Dementia Live® Workshop Schedule	2
Family Caregiver Support Groups	3
Caregiver Funding Opportunity	3
Caregiver Videos Link	3
Join our Mail List	4
DoAD Programs	4

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Winter-Spring 2023 Caregiver Workshops



LIVING WITH ALZHEIMER'S DISEASE—EARLY STAGE

Alzheimer's Association—Greater Maryland Chapter

In the early stages of Alzheimer's disease, families face new questions as they adjust. What does the diagnosis mean? What kinds of plans need to be made? What resources are available to help? This two (2) part program provides practical answers to the questions that arise in the early stage and may help you cope with the changes that come with an early-stage diagnosis. This workshop is for both the caregiver and the individual diagnosed with dementia.

January 12 & January 19, 2023; 1:00 pm
North County Office/Hein Bldg.
7320 Ritchie Highway, Glen Burnie

MUSIC AND MEMORY

Mary Chaput, MA, CDP and Mary Ann West, Conductor with Sentimental Journey Singers

Research suggests that listening to or singing songs can provide emotional and behavioral benefits for people with dementia. Music can also benefit caregivers by reducing anxiety and distress and providing a way to connect with loved ones who have dementia. Join us to learn more about the benefits of music and how the Sentimental Journey Singers program can benefit you and your loved one.

January 17, 2023; 2:00 pm
North County Office/Hein Bldg.
7320 Ritchie Highway, Glen Burnie

TELLING YOUR LOVED ONE'S STORY

Joanna Frankel, MSW, LCSW-C

When you are caring for older loved ones, you often have to explain their (and your) story to a variety of health, financial, and legal professionals. You also probably find yourself in the position of fielding questions from family, friends, and neighbors—some who want to help and others who are simply curious. This interactive program will help you:

- Protect your loved ones' privacy and dignity when sharing their story
- Determine what professionals need to know and how to prevent having to repeat details
- Decide how much is appropriate to share with individuals in your personal life

Come to this workshop ready to take notes and ask questions so you can more effectively advocate for your loved one by sharing their story impactfully.

Thursday, February 16, 2023; 6:30 pm
Annapolis Senior Activity Center
119 S. Villa Avenue, Annapolis

MECHANICS OF CAREGIVING

Ben Ogundipe, PT, DPT

Come learn how to help your loved one with the activities of daily living without jeopardizing your own health as Ben demonstrates injury prevention strategies related to care giving duties.

March 15, 2023; 6:30 pm
Pascal Senior Activity Center
125 Dorsey Road, Glen Burnie

Alzheimer's Association (Yolanda Wright, Program Manager, Alzheimer's Association, Greater Maryland Chapter)



The Alzheimer's Association is available to provide educational, support group, and early stage offerings for Anne Arundel County, both in-person and virtually. We have a wonderful Early Stage Memory Café that is held on the 3rd

Monday each month from 6:30-7:30 pm. The Memory Café is held at the Department of Aging and Disabilities office at 7320 Ritchie Highway, Glen Burnie.)

Our Memory Café is a safe and relaxed place where people with early-stage memory loss, their families, and friends can come together for a unique blend of education and social interaction. It is a free event but we require RSVP for planning purposes for the light meal that is provided. Anyone affected by early stage memory loss is welcome to attend.

We are providing "Living with Alzheimer's," an early stage educational series. This is for the Early Stage person with memory loss as well as the Early Stage care

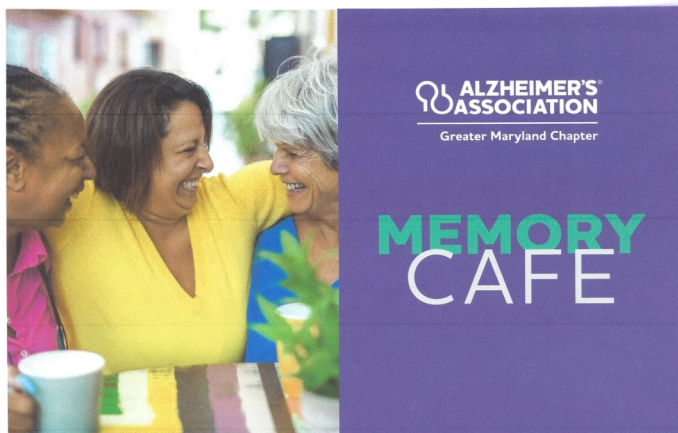
partner. The workshops will be held on two (2) consecutive Thursdays: January 12th and 19th from 1:00-2:30 pm at the Anne Arundel County's Department of Aging and Disabilities North County/Hein office.

For more information, please contact Yolanda Wright, ywright@alz.org or 443.632.9718

Additionally, we are pleased to announce the start up of our Early Stage support group. Please contact our 24/7 Helpline 1.800.272.3900 for the required pre-screening. Our 24/7 Helpline can provide a listening ear, connect to community resources, provide a care consultation and connect with local staff.

Visit our website for more information about dementia information, educational offerings and more alz.org/maryland.

Let us help support you as you go through your dementia journey.



Early Stage Memory Cafés

Memory Café is a safe and relaxed place where people with early-stage memory loss, their families, friends and health professionals can come together for a unique blend of education and social interaction. Anyone affected by early stage memory loss is welcome to attend.

Anne Arundel County Memory Café

3rd Monday of each month | 6:30-7:30 p.m.
Contact Sophia Khani for questions and to RSVP
Sophia_khani@msn.com or 347.645.8184

DEMENTIA Live[®]
Proven. Powerful. Essential.



This 2 hour workshop is a high impact, dementia simulation experience that immerses participants into life with dementia, resulting in a deeper understanding of what it is like to live with cognitive impairment and sensory change. Space is limited at each session.

Pre-registration by phone is required:
410-222-4375/4339.

Wednesday, January 25, 2023: 1:00 pm

Thursday, March 9, 2023: 6:30 pm

Thursday, April 20, 2023: 6:30 pm

Thursday, June 1, 2023: 6:30 pm

In-person sessions held at the Glen Burnie/Hein office location: 7320 Ritchie Highway.

Caregiver Funding Opportunity



AMERICAN RESCUE PLAN (ARP) GRANT

Funds are currently available for the American Rescue Plan Grant.

Caregivers of adults 18 years of age and older with a disability may receive a grant for 12 days of service at Active Day Annapolis or Woods Adult Day Services. The care recipient must be a resident of Anne Arundel County and live in the community. Nursing home or assisted living residents are not able to participate in this pilot.

If you have not received this grant since January 1, 2022, you can call 410-222-4375/4339 to determine eligibility and apply.

Winter/Spring 2023 Workshops (continued)

DIFFERENT TYPES OF CARE

Chesapeake Life Center

While the objective of both hospice and palliative care is pain and symptom relief, the prognosis and goals of care tend to be different. Hospice is comfort care without curative intent; the patient no longer has curative options or has chosen not to pursue treatment because the side effects outweigh the benefits. Palliative care is comfort care with or without curative intent.

*Annapolis Senior Activity Center
119 S. Villa Avenue, Annapolis*

SENSORY STIMULATION

Jeanne Finnegan, CDP

Sensory stimulation helps people with dementia by triggering positive emotions and memories in those who have lost their ability to connect with the world around them. Using sensory stimulation to arouse one or more of the five senses can help them feel safe and relaxed and may improve their mood, self-esteem, and sense of well-being.

May 18, 2023; 2:00 pm
*North County Office/Hein Bldg.
7320 Ritchie Highway, Glen Burnie*

CRUISE THROUGH CAREGIVING: HOW TO REDUCE THE STRESS OF CARING FOR A LOVED ONE

Jennifer FitzPatrick, MSW, LCSW-C, CSP

On a scale of 0-100 is your stress level 150? Caregiving for a loved one who has acute or chronic illness is no vacation...but you can choose to cruise more smoothly through the process. This presentation will help family caregivers identify some of the major stressors involved in caregiving. Attendees will leave this presentation with strategies on how to minimize, manage and the prevent stress of caregiving following the CRUISE methods based on the book *Cruising Through Caregiving: Reducing The Stress of Caring For Your Loved One*.

June 15, 2023; 6:30 pm
*Annapolis Senior Activity Center
119 S. Villa Avenue, Annapolis*

INCLEMENT WEATHER POLICY

If Anne Arundel County Public Schools (AACPS) are closed for the day, workshops are cancelled.

If AACPS schools close early or cancel after school/evening activities, workshops are cancelled.



Family Caregiver Support Groups

Jennifer Sapp, MSW, MSG,
facilitates monthly support groups:

Glen Burnie Support Group 7320 Ritchie Hwy., 2nd Floor

January 11

February 8

Arch 8

1:00-2:30 pm

Zoom link:

<https://zoom.us/j/91500934491>

Meeting ID: 915 0093 4491

or call

301 715 8592

Meeting ID: 915 0093 4491

Annapolis Support Group 2664 Riva Road, Independence Room

January 17

February 21

March 21

1:00-2:30 pm

Zoom link:

<https://zoom.us/j/93285848158>

Meeting ID: 932 8584 8158

or call

301 715 8592

Meeting ID: 932 8584 8158



Caregiver Support Facebook

Group:

Facebook.com/
ArundelSeniors



On-Line Caregiver

Videos

www.aacounty.org/aging



National Family Caregiver Support Program

7320 Ritchie Highway
Glen Burnie, MD 21061

Phone: 410-222-4339/4375
Email: caregiver_support@aaacounty.org
Web: www.aaacounty.org/aging

**Anne Arundel County
County Executive
Stuart Pittman**
Arundel Center
44 Calvert Street
Annapolis, MD 21401

**Karrisa Kelly
Director
Department of Aging & Disabilities
A Maryland Access Point Program**
Heritage Office Complex
2666 Riva Road, Suite 400
Annapolis, Maryland 21401
Phone: 410-222-4257
Fax: 410-222-4360
www.aaacounty.org/Aging

**Family Caregiver Support
Program Staff**
Mary Chaput, Program Director
Patricia Lortie, NFCSP Coordinator
Anne Kaiser, RCRP Coordinator
7320 Ritchie Highway
Glen Burnie, MD 21061

- Information & Assistance (I&A)
- Adult Evaluation & Review Service (AERS)
- Adult Public Guardianship
- Americans with Disabilities Act Office (ADA)
- Assisted Living Facilities Program
- Evidence-Based Health Promotion
- Long-Term Care Ombudsman/Resident Advocate
- National Family Caregiver Support Program (NFCSP)
- Respite Care Referral Program (RCRP)
- Senior Activity Centers
- Senior Care, Senior Center Plus
- Senior Nutrition Program
- Supports Planning
- State Health Insurance Assistance Program (SHIP)
- Telephone Reassurance Program
- Volunteer Programs

Anyone needing accommodations to caregiver events must contact Mary Chaput at 410-222-4339 or by e-mail at agchap01@aaacounty.org at least seven days in advance of the event. TTY users, please call via Maryland Relay 7-1-1.

To join the NFCSP mail list and receive information regarding up-coming workshops and conferences, or to receive the *Caregivers' Voice* by email, call 410-222-4339 or email us at: caregiver_support@aaacounty.org
Back issues of the newsletter are available on the Family Caregivers' website at www.aaacounty.org/aging.

For information on sponsoring an edition of the *Caregivers' Voice*, contact Mary Chaput at 410-222-4339 or email caregiver_support@aaacounty.org.