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Volume 16, Issue 2

Spring 2022

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

Spring 2022 Workshops

Understanding Advance Directives
Megan Stidham, NP

"Advance care planning" is the term to describe the conversations and processes involved in making what is more commonly known as a "living will" or "advance health care directive." In this workshop, we'll talk about what's right for you and those close to you. Whether you are a person living with a serious illness, a caregiver of a loved one, or the healthiest you have ever been, having some form of a care plan in the event you are unable to speak for yourself, is important for providing you and your family with the comfort and confidence knowing that your wishes will be honored no matter what happens.

Thursday, April 28, 2022; 6:30 pm
Annapolis Senior Activity Center
119 S. Villa Avenue, Annapolis

To Travel or Not: 10 Tips for Vacations & Family Trips When You Are Caregiving
Joanna Frankel, MSW, LCSW-C

Traveling with someone you love who needs care is not impossible but it takes a lot of pre-planning. Join us for this interactive program where you will learn how to determine if your loved one is up to taking a trip, how to best prepare for a trip and how to balance safety fun on a vacation.

Wednesday, May 11, 2022; 6:30 pm
Pascal Senior Activity Center
125 Dorsey Road, Glen Burnie

Maintaining a Positive, Healthy, and Hope Filled Outlook
Chaplain Brian Madison

Maintaining a positive attitude is critical when you want to achieve anything or simply improve the quality of your life. As a caregiver, you have to be realistic about what can and can’t be controlled. You can’t control that your loved one has a chronic or progressive disease — nor can you control the impact of that disease. This acknowledgement will allow you to plan and seek help so that you can maintain a positive, healthy, and hope filled outlook.

Thursday, June 16, 2022; 6:30 pm
Annapolis Senior Activity Center
119 S. Villa Avenue, Annapolis

Register on-line at www.aacounty.org/aging or call 410-222-4375/4339.

Sentimental Journey Singers Coming to Anne Arundel County

Sentimental Journey Singers is for individuals with early-stage Alzheimer's or other memory impairment and their care partner. Participants will learn vocal techniques and three-part harmony while singing familiar songs and new pieces in a social group setting under the leadership of an Encore conductor. Each 15 week session culminates with a concert performance. Sessions are scheduled to begin in mid-June at the Pascal Senior Center in Glen Burnie.

This program is offered at no-cost. For more information or to be placed on contact list, email agchap01@aacounty.org or call 410-222-4339.
Dementia Live Workshops

Dementia Live® offers a unique inside-out understanding of dementia and aging. Family caregivers will gain a heightened awareness of the challenges faced by their loved ones who live with dementia. Caregivers will also learn new communication skills to help improve care and minimize disruptive behaviors — thus reducing caregiver stress!

Please join us at one of the upcoming sessions. Space is limited for each session. Pre-registration is required. To register, call 410-222-4375/4399.

- April 6, 2022—6:30 pm (virtual via zoom)
- May 4, 2022—2:00 pm (7320 Ritchie Hwy., Glen Burnie)
- May 5, 2022—6:30 pm (virtual via zoom)
- June 15, 2022—6:30 pm (7320 Ritchie Hwy., Glen Burnie)

Anne Arundel County Public Library Caregiver Workshops

**The Music and Memory Connection** (Mary Chaput)
- May 11, 2022; 2:00 pm
- Odenton Library (1325 Annapolis Road, Odenton; 410-222-6277)

**Top 10 Tips for Caregivers**
- May 17, 2022; 6:30 pm
- Maryland City Library (3501 Russett Common, Laurel; 410-222-1070)

**Communicating Through Behaviors** (Mary Chaput)
- May 19, 2022; 2:00 pm
- Severn Library (2624 Annapolis Road, Severn; 410-222-6280)

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What You Should Know About Parkinson’s (Dawn Lewis, Development Manager, Parkinson’s Foundation Mid-Atlantic Chapter)

A recent survey found that nearly half of the estimated one million people living with Parkinson’s disease (PD) noticed negative change in their symptoms during the pandemic. As the second-most common neurodegenerative disease after Alzheimer’s, Parkinson’s disease is associated with a progressive loss of motor control (e.g., shaking or tremor at rest and lack of facial expression), as well as non-motor symptoms (e.g., depression and anxiety).

To ease the challenge of social distancing, the Parkinson’s Foundation launched a new program, PD Health @ Home—an interactive series of virtual events designed for the Parkinson’s community. With 60,000 new cases diagnosed annually in the U.S., this virtual program exercises the mind and body and gives people an outlet to learn more while connecting with others living with the disease.

Receiving a Parkinson’s disease diagnosis can feel overwhelming. As you begin processing your emotions, which can be wide-ranging, it’s important to know you are not alone. The Parkinson’s Foundation is here for you at every stage of your journey. We offer the community, resources and advice to support you—and your family—as you begin to build a better life with PD.

Taking control of the things you can minimize stress and improve well-being. These five steps, in any order, can help you begin to live well with PD.

1. Determine your personal goals and priorities.
2. Find someone you can talk to and stay connected.
3. Create healthy habits.
4. Be active in whatever way works best for you.
5. Find a doctor who is an expert in Parkinson’s disease.

Although there is no cure, treatment options vary and include medications and sometimes surgery. It is possible to have a good to great quality of life with PD. Working with your doctor to learn about PD and the progression is important. Recommended therapies are essential in treating symptoms along with medications.

Through our local Chapter network, the Parkinson’s Foundation provides people with Parkinson’s and caregivers access to local resources, services and events. The Mid-Atlantic Chapter serves Anne Arundel and surrounding counties. Below are Parkinson’s Foundation Mid-Atlantic Chapter upcoming events:

- **April 1-30**
  April is Parkinson’s Awareness Month. All month long, the Parkinson’s Foundation engages the Parkinson’s community to raise awareness about Parkinson’s. This April, help us impact the #FutureOfPD. Learn more at Parkinson.org/Awareness!

- **April 28**
  Let’s Talk About It: Cognition and Memory Virtual Education Program — Non-movement PD symptoms not only the person with PD, but also their care partners, families and friends. This program will discuss changes in cognition and memory, strategies for coping, and tips for talking about these changes with your care team and loved ones. Register today at www.parkinson.org/midatlantic
Caregiver Funding Opportunities

**National Family Caregiver Support Program Grants**

When funds are available, the National Family Caregiver Support Program provides financial assistance to family caregivers to help pay for respite care or supplemental services. This one time per year assistance is meant to enhance existing support programs and is for the caregiver’s benefit. These grants can assist caregivers with respite care, an emergency response system, or other supplemental needs. The care recipient must live in Anne Arundel County.

Caregiver eligibility:
- Adult family members or other informal caregivers age 18 and older providing care to individuals 60 years of age and older;
- Adult family members or other informal caregivers age 18 and older providing care to individuals of any age with Alzheimer’s disease dementia disorder;
- Grandparents or other kin (NOT parents) 55 years of age and older providing care to children under the age of 18; and
- Parents and grandparents 55 years of age and older providing care to adult child age 18-59 with a disability.

**American Rescue Plan (ARP) Grant**

When funds are available, caregivers of adults 18 years of age and older with a disability may receive a grant for a 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.

**For more information or to apply for these grants, call 410-222-4375/4339.**

Please be aware that we expect a high call volume; staff will return your call as quickly as possible.

**What You Should Know About Parkinson’s** (continued)

**June 4**

Moving Day Baltimore. Join us as we fight Parkinson’s and celebrate movement — proven to help manage Parkinson’s symptoms. The walk will be held at University of Baltimore County Campus. Register today at www.MovingDayBaltimore.org.

The Parkinson’s Foundation makes life better for people with Parkinson’s disease by improving care and advancing research toward a cure. Whether you are newly diagnosed, or living with Parkinson’s for many years, we can help. Visit Parkinson.org for the latest Parkinson’s information and resources, including:

- **Access Our PD Library.** Read our vast collection of free publications including our newly updated book, Fitness Counts and many more. Visit Parkinson.org/Library.

- **Participate in a Research Study.** PD GENeration: Mapping the Future of Parkinson’s Disease is a national initiative that offers genetic testing for Parkinson's-related genes and genetic counseling at no cost for people with Parkinson’s. Visit Parkinson.org/PDGENEration.

- **Contact our Helpline:** Get answer to your PD questions, local referrals and support. Contact our Helpline at 1-800-4PD-INFO (1-800-473-4636) or Helpline@Parkinson.org.

For personalized local information and resources, please contact Dawn Lewis, Parkinson’s Foundation Development Manager, at 410-849-6114 or dlewis@parkinson.org.
National Family Caregiver Support Program

7320 Ritchie Highway
Glen Burnie, MD 21061

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

- 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

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Glen Burnie, MD 21061

Anyone needing accommodations to caregiver events must contact Mary Chaput at 410-222-4339 or by email at agchap01@aacounty.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 upcoming workshops and conferences, or to receive the Caregivers’ Voice by email, call 410-222-4339 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.

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