



The Caregiver's Voice

For People Caring for Family, Friends, & Neighbors

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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@aaacounty.org

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National Family Caregiver Support Program Updates

This is normally the spot where we provide a sneak peak at the Fall and Spring workshops. Unfortunately, this year's COVID-19 pandemic has made it difficult to plan our educational programs given the social distancing and limited attendance parameters. But, rest assured, we will continue to provide education and support services to family caregivers, via virtual platforms such as live and recorded Zoom sessions and the Facebook support group page. For those unable to access the internet, staff are available to speak with you and provide one-on-one consultation and information Monday through Friday. Please feel free to reach out to us. We miss seeing you!

The Dementia Live® workshops are also on a “hold” status; we so look forward to resuming these sessions once we are able to share this experience in a safe (distancing) manner.

This is also the page where we normally share pictures from the Annual Caregivers Conference, but alas, for the first time in 28 years, the April event was also a victim of the coronavirus epidemic. We will keep our fingers crossed that the 2021 event can take place as we know it is something our family and professional caregivers, as well as multiple businesses and community organizations look forward to each year.

While normally, we are in the midst of planning for the Annual Appreciation Dinner at this time, that event is also, unfortunately, on hold. Never doubt how much we appreciate our family caregivers even if we are unable to share an evening of food, music and laughter.

It's not all bad news! The current situation has forced all of us to think outside the box (or to “think sideways!”) and we are working hard to develop ways to stay connected. We would love to hear your thoughts and ideas. Please share them with us through email at caregiver_support@aaacounty.org or call 410-222-4339.



Communicating through Behaviors
July 28th
7:00-8:00 pm VIA the Zoom platform

Dementia encompasses functional losses that affect speech, cognition, executive functioning, the five senses, motor skills and the ability to sequence. This workshop will focus on how these losses trigger behaviors and will provide caregivers with communication skills to ensure the best quality of life to our loved ones living with dementia. *Mary Chaput, M.A., CDP, CDCP, Dementia Live Coach & Practitioner*

Register on-line or call 410-222-4339.

Respite Grants and Programs



Department of Human Services Respite Care Program offers short term temporary care in order to provide a period of rest and renewal to family caregivers by temporarily relieving them of the demands and stresses of care giving

responsibilities. Respite care is provided at planned intervals, in a time of crisis, or on an as-needed basis. Contact the Anne Arundel County Department of Social Services at 410-269-4472.

Department of Aging and Disabilities National Family Caregiver Support Program offers a once a year stipend for respite care while funding is available. Eligibility requirements:

- An unpaid caregiver of an adult who is at least 60 years old who needs help with two (2) or more Activities of Daily Living.
- An unpaid caregiver of an adult who has been diagnosed with young-onset dementia.
- Relatives, including parents, 55 years of age or older and providing care to adults ages 18-59 with disabilities.
- A grandparent or relative caregiver, age 55 years or older, who is the sole caregiver of a child 18 years of age or younger.
- The caregiver must be caring for a resident of Anne Arundel County.

Grandparents Raising Grandchildren: Simple Activities for Children and Adolescents (and Grandparents, too!) During Social Distancing (The National Child Traumatic Stress Network)



- Tell stories.
- Tell exaggerated “Stories” of the “old days” to entertain.
- Put on mini plays or skits. Have children act out different characters.
- Play “Story Building.” One person starts the story, and then other family members add to it.
- Share secrets, most embarrassing moments, wishes, and/or dreams.
- Make up different dances or dance to known songs (i.e., the hokie pokie). Have a dance contest.
- Have a karaoke night. Children can sing their favorite songs.
- Play “Name that Tune.” One person hums a tune or says a line from a song and others try to guess the name of the song.
- Play “Hide and Seek.” Designate an area with clear boundaries
- Play “Simon Says.”
- Play “Mother May I.”
- Play Eye Spy.
- Play “Sound Search.” Everyone sits still and identifies as many different sounds as possible.
- Play “Follow the Leader.”
- Play “Charades.”
- Play “20 Guesses.” Think of a noun, cartoon character, singer, movie, book, television show, or sports star. Have the players take turns guessing what IT is thinking. Answer the guesses with yes, no, sometimes, usually, or rarely. When the 20 guesses are up, the players get a final guess. If no one answers correctly, the answer is given.
- Exercise. Take a walk, do a dance, do yoga, stretch, ride a bike.
- Go outside at night and point out different constellations.
- Play the Alphabet Game. One person chooses a category (e.g., animals) and family members go around naming an animal with the assigned letter. The first person starts with A. Second with B. Etc. The winner chooses the next category. With younger children, they may just have to name something with that letter and not introduce the idea of categories (e.g., animals).
- Read to your pet. This is great for young readers as well as children with reading challenges.
- Play Family Feud.
- Crumble up a wad of paper and play a ball game (basketball, soccer, baseball, blowing the ball across a table into a goal).
- Play “Marbles.” If no marbles are available use rocks or pebbles. Draw a circle and see who can knock the marbles out of the circle using their marbles.
- Play “Hangman.”
- Make paper airplanes, origami, hats, paper doll chain, or paper boats.
- Have a child draw or trace their hand or random shape and see what animals you can make out of it.
- Write letters to friends or family. Create homemade cards to send to friends and family to stay connected.
- Play “Tic-Tac-Toe.”
- Play “Hidden Words.” Have everyone agree on a key word, which is at least seven letters long. Then have players try to find as many smaller words inside the key word by rearranging the letters. For example, if kitchen is your key word, hidden words inside of that would be itch, it, kit, etch, etc.
- Play card games, board games, or dominoes.
- Learn and perform simple magic tricks.
- Do arts and crafts projects
- Play “House of Cards/Blocks/Coins.” Using a deck of cards, blocks, coins, choose a flat surface and have each person build a house. Whichever house stands the longest wins.
- Put together puzzles.
- Use all of the Legos in the house to build something as a family. Be sure to use ALL the Legos. Cook or bake together.
- Watch a live cam from a popular zoo or aquarium and see what the animals are doing.
- Watch a live cam of a national park - see old faithful go off; see if there is snow at Glacier National Park.
- Visit PBS.org or National Geographic Kids for games and fun videos/stories.

Movement Disorder Education & Exercises, Inc. (Larry Zarzecki, Founder and CEO)



Offering Our Clients the Supports and Services They Need

Although there is not a cure for Parkinson's, that doesn't mean that you can't work on strengthening your muscles and improving your balance and mind. You can still live and enjoy a full life with Parkinson's or other movement disorders. That is why we at Movement Disorder Education and Exercise, Inc. do what we do each and every day. We have a unique holistic approach that addresses motor and non-motor symptoms. By holistic - we mean we address the entire effect the disease has on the whole body as well as the mind. Some symptoms or issues which are unexplainable by the patient become clearer to them. We speak in an easily understood manner and we find this technique not only benefit the patient but also their caregiver. Our social support technique brings caregivers and patients together. Our techniques have not been derived from books, but instead from

real life experiences.

We educate our clients, offer them fun exercise classes, and offer the support and resources they may need. Through our work, we hope to help our clients reduce stiffness, improve balance and mobility, and also improve their overall outlook on life. Making a positive impact is what our team strives to do when we work with each individual client.

Can't come to us? We can come to you! Ask about our Mobile Interactive Education Classroom.

Our Specialties Include:

- Partners with the National Parkinson's Foundation
- Aware & Care Resource Center
- Mobile Classroom
- Speaking Events & Presentations

Visit us online at:

www.mdeemaryland.com

Find us on Facebook and LinkedIn.

Respite Grants and Programs (continued)

For more information, email caregiver_support at aacounty.org or call 410-222-4375.

Maryland Emergency Respite Care Grant

Funding for emergency respite services is available in Maryland. The funds were made possible by a grant received by the Maryland Department of Human Services through the federal Lifespan Respite Care Program. Emergency respite care may be granted for an unplanned event that requires the unavoidable absence of the primary caregiver. The program serves caregivers throughout Maryland, across all ages and support needs.

Requests for emergency respite care may be made by contacting Sharon Ledbetter at Anne Arundel County Department of Social Services (410-269-4745/

sharon.ledbetter@maryland.gov).

HFC® (formerly Hilarity for Charity) and the Home Instead Senior Care® network are working together to award **HFC Dementia Home Care Grants** to those providing care to their loved ones living with Alzheimer's disease or other dementias. The home care grants will be awarded across the United States and Canada. While there is currently no cure for Alzheimer's, there is care. The goal of the home care grant is to provide exceptional home care to families affected by this disease, and to give these families support and rest. These grants are facilitated by Home Instead Senior Care, where available. These grants are for respite care hours, there is no cash value. For more information and to apply, go to <https://helpforalzheimersfamilies.submittable.com/submit/135005/hfc-in-home-care-grant-application>.



Family Caregiver Support Groups

Jennifer Sapp, MSW, MSG facilitates monthly support groups:

Glen Burnie Virtual Support Group
July 8th
August 12th
September 9th
1:00-2:30 pm

Zoom link:

<https://zoom.us/j/95528073816?pwd=YkI4WHc5TWxvcVNYd2RuM0xOWEIGdz09>

or call

301 715 8592 US
Meeting ID: 955 2807 3816
Password: 825823

Annapolis Virtual Support Group
July 21st
August 18th
September 15th
1:00-2:30 pm

Zoom link:

<https://zoom.us/j/92339386298?pwd=UjYxOGxrZ2gvSTFnVVNGaFdzZUITZz09>

or call

301 715 8592 US
Meeting ID: 923 3938 6298
Password: 825823

Caregiver Support Facebook Group



Family caregivers, living in or caring for someone in Anne Arundel County, are invited to join our Facebook Support Group page. We hope this gives you the opportunity to connect with each other, share your concerns and your experiences and, hopefully, laugh in-between meeting times. For those of you unable to attend the day-time meetings due to work schedules or other commitments, this format provides you with the opportunity to connect, share with and support other caregivers. You can find the group on Facebook.com/ArundelSeniors.



National Family Caregiver Support Program

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Glen Burnie, MD 21061

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A Maryland Access Point Program**
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Annapolis, Maryland 21401
Phone: 410-222-4257
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**Family Caregiver Support
Program Staff**
Mary Chaput, Program Director
Patricia Lortie, NFCSP Coordinator
Dee Scharff, 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@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 up-coming 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.