



# The Caregiver's Voice

For People Caring for Family, Friends, &

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Summer 2021

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](mailto:caregiver_support@aacounty.org)

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Arnold Bennett, author of *The Great Adventure*, wrote: “Any change, even a change for the better, is always accompanied by discomforts.”

Certainly, we have undergone many changes over the past 15 months and we have learned so much about human nature, technology, and more. Now, as more people are vaccinated and businesses and activities resume, we will once again experience change. It’s understandable that some folks feel hesitant while others are ready to jump back in!

Anne Arundel County office buildings will open back up to the public later in July, but I strongly encourage you to always call before you come in to see Patty, Dee, or Mary, just to make sure we will be there when you arrive.

Planning for workshops, support groups, and other activities has been a bit more complicated than usual with the on-going thoughts on keeping folks safe and healthy. I want to thank those of you who provided your “level of comfort” feedback through the survey that went out through Survey Monkey. Based on that feedback, rather than planning and sharing the entire Fiscal Year 2022 schedule of workshops, we are currently looking solely at the Fall months (September through December 2021). September through November workshops will continue to be virtual through the Zoom platform; as we get closer to December, we will re-evaluate to determine if we will also meet in person that month. We expect, at this time, to be returning to in-person workshops in 2022 but will continue to provide you updates through the monthly caregiver emails and quarterly newsletters.

Support Groups will also continue to be held virtually for the next few months. We are currently looking into the technology that will allow us to continue to include members virtually even when we are back to in-persons sessions.

As you can see below, we have multiple virtual Dementia Live sessions scheduled over the next several months. We will add in-persons sessions to the schedule in the near future.

I want to thank you all for what you do; I know that the pandemic impacted caregivers, as well as your loved ones, tremendously. I appreciate all of you who have stayed in touch via our workshops, support groups, and phone calls. And I hope to see you — virtually and in-person — throughout the next year!

*Mary*



We are pleased to share with you an opportunity to participate in the Dementia Live® experience *virtually!* 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 visa the Zoom platform. Space is limited for each session. Pre-registration is required. To register, call 410-222-4375/4399.

- July 14, 2021—6:30 pm (FULL)
- August 5, 2021—2:00 pm (FULL)
- August 5, 2021—6:30 pm
- September 8, 2021—2:00 pm
- October 14, 2021—6:30 pm
- November 3, 2021—2:00 pm

# Sneak Peek at Fall 2021 Caregiver Educational Workshops



Fall 2021 caregiver workshops are being scheduled as virtual sessions through the Zoom platform. Registration for the workshops will begin in mid-August.

## LIVING YOUR BEST LIFE AS A CAREGIVER AFTER THE STRESS & DRAMA OF THE PANDEMIC AND COVID-19 POLICIES

September 9, 2021

6:30 pm

The past year and a half has been beyond traumatic. If you are struggling with feeling normal again you aren't alone. Join us for this interactive program on addressing how to live your best life while taking care of your loved one and yourself going forward. *Presented by Jennifer FitzPatrick, MSW, LCSW-C, CSP.*

## EMERGENCY PREPAREDNESS FOR CAREGIVERS

October 13, 2021

6:30 pm

Having an emergency preparedness kit, being informed of local hazards, and practicing emergency preparations could make you more ready as a caregiver in an emergency. *Presented by James Kremple, AA County Office of Emergency Management.*

## STORIES LOVE MUSIC

November 17, 2021

6:30 pm

Individuals with dementia feel disconnected from the world around them and may wonder "am I being seen and heard?" This can be true for Caregivers, also. When we are isolated, we wonder if anyone wants to hear our stories. Music speaks right to our hearts and our human experiences. We all have stories to tell and music brings it to light. *Presented by Ilyana Kadushin.*

## REDUCING STRESS, SADNESS & OTHER DIFFICULT FEELINGS DURING THE HOLIDAY SEASON AS A CAREGIVER

December 9, 2021

6:30 pm

Juggling caregiving with the rest of life is tough enough. But when the holiday season rolls around it's downright exhausting. Join us for this interactive presentation on how to reduce your caregiving stress during the holidays. This interactive program will cover:

- Identifying signs of caregiver burnout in yourself and what to do about it
- Why seeking help with caregiving before the New Year is a good idea
- What to look out for as you spend time with older loved ones during the holiday season

*Presented by Jennifer FitzPatrick, MSW, LCSW-C, CSP.*



## On-Line Caregiver Videos

([www.aacounty.org/aging](http://www.aacounty.org/aging))

- Dementia and COVID-19
- At Home with a Loved One with Dementia
- Dementia: It's Not Just Memory Loss
- Communicating through Behaviors
- Self-Care During COVID-19
- When You're Already a Worrier
- Discover the Programs
- Respite Care: What Is It and How Do I Get It?
- Coping with the Holidays
- "Snowdemic" - Preparing for Winter Weather during a Global Pandemic
- Positive Approach to Care: Teepa's GEMS—Seeing More Than Less
- Navigating Medical Care During a Crisis
- Making Health Care Decisions Before a Crisis: What are They and Why Do They Matter?"
- Legal and Financial Advance Planning
- Stop Asking How Their Day Was? Connecting More Meaningfully with People Who Have Dementia



## NFCSP Caregiver Grants\*

If you have not received a caregiver's grant in 2021, you can check your eligibility and apply by calling 410-222-4375/4399. Eligibility requirements include:

- 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 and related disorders
- Older relatives (not parents) age 55 and older providing care to children under the age of 18;
- Older relatives, including parents, age 55 and older providing care to adults ages 18-59 with disabilities; and,
- The care recipient must live in Anne Arundel County.

*\*Grant award is based on availability of funds.*

## Senior Center Plus Programs

This program caters to our senior population that may require assistance with navigating our senior centers and activities. These seniors may have a physical or cognitive challenge; our caring, certified staff can assist them in our senior centers with the goal to provide socialization, stimulation through a variety of activities, and community involvement. We currently meet at the Annapolis, Arnold, and Pascal senior centers. The Pasadena Senior Center is being piloted for program expansion. There is a \$20/day fee for this service that includes assistance with lunch and program activities. Eligibility for this program is as follows:

Anne Arundel County resident.  
55 years of age or older.  
A completed AERS (Adult Evaluation and Review Service); no fee for evaluation.  
Participant must be able to:

- Independently use bathroom and perform personal hygiene;
- Self feed;
- Communicate needs;
- Administer their own medication, if applicable

In addition, the participant must not demonstrate wandering behavior.

For more information and to schedule your evaluation, please call the Department of Aging Information and Assistance at 410-222-4257.

### Plus Zoom

Virtual Plus is an engaging program for seniors with memory and or functioning challenges that may require assistance. The hour and a half program is comprised of brain stimulating games and activities; it also has an exercise segment to increase range of motion; and allows participants socialization through the virtual platform. Requirements include being 55 years or older, registering for the program, access to a Zoom capable device, and caregiver to assist the participant with the device. There is no fee for participation. For more information please contact Nancy Saroch, RN at 410-222-0257 or [agsaro78@aacounty.org](mailto:agsaro78@aacounty.org).

To register for the program, contact Nancy Saroch, RN at 410-222-0257 or [agsaro78@aacounty.org](mailto:agsaro78@aacounty.org), with an email address to send Zoom invite and a phone number for the participant's contact.



## Family Caregiver Support Groups

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

### Glen Burnie Virtual Support Group

July 14  
August 11  
September 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 Virtual Support Group

July 20  
August 17  
September 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



**FREE**  
**Summer CONCERTS**  
July through September  
**Quiet Waters Park 2021 Summer Concert Series**

**July 17 – 6:30-7:30 pm**  
**US Naval Academy Blues and Gold (Blues)**  
Established in 2019, Blues & Gold is the newest performing unit of the Naval Academy Band. Under the direction of Chief Musician Rory Cherry, Blues & Gold performs classic blues and blues-infused music by artists such as B.B. King and Muddy Waters and current hits by Joe Bonamassa and Eric Clapton.

**July 24 – 6:00-8:00 pm**  
**Sharon & The Edge (Variety)**  
It's Just Good Music.

**July 31 – 6:00-8:00 pm**  
**Guava Jelly Band (Caribbean Kindie)**  
The type of music that Guava Jelly delivers is unlike most other performers. Their fun, reggae-styled children's songs introduce audiences to new music by combining Bridgette's Caribbean infused originals and popular old-time favorites with a stylistic twist. Their mission is to transport every young and young-at-heart person witnessing the show to a warm, white, sandy beach through their interactive and upbeat style.

**August 7 – 6:00-8:00 pm**  
**Swamp Donkey (Newgrass)**  
Swamp Donkey is a high energy Newgrass (not bluegrass) band with a twist of rock. We are stretching the "grass" concept to the limit and delivering a very unique sound in the process. We pride ourselves on solid vocal harmonies and tight transitions in tempo and style!

**August 14 – 6:00-8:00 pm**  
**Sweet Leda (Rock)**  
Powered by Julie Cymek's sultry, commanding vocals and electrifying stage presence, Sweet Leda is taking the diverse mid-Atlantic music scene by storm as one of the most exciting and accomplished live acts on the rise. With its rich blend of new school funk, psychedelic rock, soul and pop, Sweet Leda's heartfelt original music can best be described as a female-fronted, soul-based, Zeppelin meets Chili Peppers!



**August 21 – 5:30-7:30 pm**  
**Assisted Living (Classic Rock)**  
Don't let the name of our band fool you! The Assisted Living Band is not only a group of talented musicians, but a family! As members of the Maryland Entertainment Hall of Fame, the ALB officially started playing together in 2010, but we have known each other for a good number of years. Each member boasts 40+ years of musical experience, but more importantly we have an enormous love of music! Enjoy the classic sound of the Oldies of the '50s, 60s and 70s'.

**August 28 – 5:30-7:30 pm**  
**Kelly Bell Band (Phat Blues)**  
The Kelly Bell Band is exactly the kind of genre-bending, rule-breaking, and color-smearing group the music scene of 2020 desperately needs. The Kelly Bell Band lives outside of all the lines and freely mixes blues, funk, rock, metal, hip-hop, and more into a compelling fusion of musical styles.

**Due to possible changes in event guidance, it is recommended to call ahead to check event status and safety recommendations.**

## 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

7320 Ritchie Highway  
Glen Burnie, MD 21061

Phone: 410-222-4339/4375  
Email: [caregiver\\_support@aacounty.org](mailto:caregiver_support@aacounty.org)  
Web: [www.aacounty.org/aging](http://www.aacounty.org/aging)

**Anne Arundel County  
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Annapolis, Maryland 21401  
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Fax: 410-222-4360  
[www.aacounty.org/Aging](http://www.aacounty.org/Aging)

**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](mailto: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](mailto:caregiver_support@aacounty.org)  
Back issues of the newsletter are available on the Family Caregivers' website at [www.aacounty.org/aging](http://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](mailto:caregiver_support@aacounty.org).