



The Caregiver's Voice

For People Caring for Family, Friends, & Neighbors

Volume 16, Issue 1
Winter 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@aaaccounty.org

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Winter 2022 Workshops

CAN I GRIEVE IF NOBODY DIED?

Beth Mucciacciaro, R.N., Case Manager/Grief Counselor

Loss can be felt like a single droplet that falls in the calm waters of your life. Like the tears you cry, more droplets may fall after the first. Some days just a single drop. And others, a deluge. Join us as Beth explains how you can come to terms with loss so that you can move forward with your life.

Wednesday, January 12, 2022; 6:30 pm
Virtual Session via Zoom

POSITIVE APPROACH TO CARE AND COMPASSIONATE TOUCH

Jennifer Jackson and Mary Chaput, Department of Aging and Disability Staff

Participants will discuss the value and importance of seeing people living with dementia as having retained abilities, value, and benefitting from the right support and care to optimize performance and quality of life. In addition, you will learn the technique of Compassionate Touch®, which is designed to ease physical behaviors and emotional distress and empowers care partners and other caregivers with a way to connect with their loved one in a calm and comforting manner.

February 16, 2022; 6:30 pm
*North County Office/Hein Bldg.
7320 Ritchie Highway, Glen Burnie*



We are pleased to share with you an opportunity to participate in the Dementia Live® experience—*both in-person and 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 communication skills to help improve care and minimize disruptive behaviors—thus reducing caregiver stress!

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

*January 25, 2022—6:30 pm
March 16, 2022—6:30 pm*

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

*January 18, 2022—2:00 pm
February 22, 2022—6:30 pm
March 15, 2022—2:00 pm*

Additional sessions have been scheduled for the months of April, May, and June. Check out the Winter/Spring 2022 Caregiver Educational Workshop Schedule on-line at www.aaaccounty.org/aging or call 410-222-4375/4339.

Winter 2022 Caregiver Workshops (continued from page 1)



On-Line Caregiver Videos

(www.aacounty.org/aging)

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THE MECHANICS OF CAREGIVING

Ben Ogundipe, PT

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

March 23, 2022; 6:30 pm

*Pascal Senior Activity Center
125 Dorsey Road, Glen Burnie*

What did we learn during the past 18 months? How to Zoom! And one of the many benefits of having zoom caregiver workshops has been the ability to record those sessions so that caregivers can watch them whenever their schedule allows!

If you have not taken the opportunity yet, we invite you to check out the varied caregiving topics that can be found at www.aacounty.org/aging; click on the link "Caregiver Videos."

Anne Arundel County Public Libraries: Working to Provide for the Changing Needs of our Community



Despite the pandemic, public libraries have evolved as community centers, working to provide for the changing needs of our communities. Discoveries: the Library at the Mall welcomes all individuals and

families no matter their needs and interests. While we have traditionally focused a lot of our regular programs on the preschool audience, library staff have also identified a need to provide a better sense of community and learning for older customers. Building upon Anne Arundel County Public Library's training as a Dementia-friendly library system, Discoveries has recently introduced additional monthly programs for our older adult customers including *Senior Tea & Social* and *Books and Beyond* events.

Senior Tea & Social

Community partnerships with organizations like Brightview Senior Living in Annapolis inspired a series of *Senior Tea & Social* events, designed to engage our existing customer base in ways beyond the library collection. In creating these inclusive programs centered around the arts and lifelong learning, library staff hope to demonstrate that like the library space itself, library programming is also for everyone no matter your age. Each month the event is focused on a particular activity which include arts & crafts, film history or music and even an adult spelling bee planned for the new year! Intentionally setting aside space for seniors to learn together and meet each other at the library has become even more important in such a time of isolation. Through the *Senior Tea & Social* events, Discoveries hopes to support the needs of our community and introduce library resources beyond the books on the shelves to our older adult customers.

Books and Beyond

Building upon the success of the *Senior Tea & Social* and our Dementia-friendly training, library staff identified the need to partner with the Alzheimer's Association to support those in our community experiencing early-stage memory loss. *Books and Beyond*, a program for people with early-stage memory loss and their caregivers, sprung from the idea of Yolanda Wright, early stage and support group coordinator for the Alzheimer's Association of the Greater Maryland Chapter.

This program was piloted by the Hartford County Public Library system to support this population in their community. Starting in December, Discoveries: the Library at the Mall will be the second location in Maryland to host this monthly event. *Books and Beyond* is a safe and relaxed environment where people with early-stage memory loss and their family and friends can come together to share conversation and creative expression in the exploration of all forms of literature. Led by Alzheimer Association trained library staff, *Books and Beyond* will be held in-person on the first Thursday of each month at 11am and will have a theme focused on books, as well as interactive activities for participants.

Both programs will continue monthly, designed to support the educational, social and entertainment needs of our older customers. As libraries continue grow and change, Discoveries: the Library at the Mall will identify programs and services to best support a variety of customers. We invite you to visit our branch and attend our programs to experience what the library can be for you, no matter your stage of life. You can also learn more about all the library's resources including eBooks, genealogy, language learning at www.aacpl.net.

Your Community Library

Broadneck: 1275 Green Holly Drive, Annapolis, MD 21409. (410) 222-1905

Brooklyn Park: 1 East 11th Avenue, Baltimore, MD 21225. (410) 222-6260

Busch Annapolis: 1410 West Street in Annapolis, MD 21401. (410) 222-1750

Crofton: 1681 Riedel Road, Crofton, MD 21114. (410) 222-7915

Deale: 5940 Deale-Churchton Road, Deale, MD 20751. (410) 222-1925

Discoveries: The Library at the Mall: 2550 Annapolis Mall Road, Annapolis, MD 21401, (410) 222-0133

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Your Community Library (continued)

Eastport-Annapolis Neck: 269 Hillsmere Drive, Annapolis, MD 21403. (410) 222-1770

Edgewater: 25 Stepneys Lane, Edgewater, MD 21037. (410) 222-1538

Glen Burnie: 1010 Eastway, Glen Burnie, MD 21060. (410) 222-62700

Linthicum: 400 Shipley Road, Linthicum, MD 21090. (410) 222-6265

Maryland City at Russett: 3501 Russett Common, Laurel, MD 20724. (410) 222-1070

Mountain Road: 4730 Mountain Road, Pasadena, MD 21122. (410) 222-6699

Odenton: 1325 Annapolis Road, Odenton 21113. (410) 222-6277

Riviera Beach: Temporary location during construction: 8485A Fort Smallwood Road, Pasadena, MD 21122. (410) 222-6285

Severn: 2624 Annapolis Road, Severn, MD 21144. (410) 222-6280

Severna Park: 45 West McKinsey Road, Severna Park, MD 21146. (410) 222-6290



Important Update—Caregiver Support Groups!

Beginning in January 2022, Support Groups will be held in-person; however, we will still keep the virtual component for those who are unable to join us on location.

Please note the following changes in locations:

The Glen Burnie Support Group will now meet on the **2nd floor** of the North County/Hein Office at 7320 Ritchie Highway, Glen Burnie.

The Annapolis Support Group will now meet in the **Independence Room, 2664 Riva Road** (Heritage Complex), Annapolis.

All visitors to Anne Arundel County public buildings are required to sign-in with the building's security guard and all visitors are required to wear a face mask.

New Reporting Requirements

If you have recently registered for a caregiver workshop either on-line or by phone, you may have noticed we have asked for additional information. Funding for the National Family Caregiver Support Program (to include workshops, support groups, caregiver grants, and other programming) is provided through the Federal government's Administration for Community Living (ACL). ACL requires that, on a quarterly basis, we report the demographic information listed below. Individual names are NOT reported.

- Relationship to care recipient
- Gender
- Age
- Race
- Ethnicity
- At or below poverty level status

While providing this information is not required to register for the workshops, we would appreciate it if you would help us compile this information so that the National Family Caregiver Support Program can continue to receive funding to provide caregiver support services. Please note, that providing this information will be required for anyone applying for a caregiver respite care or supplemental needs grant.



Family Caregiver Support Groups

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

Glen Burnie Support Group
7320 Ritchie Hwy., 2nd Floor
January 12th
February 9th
March 9th
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 18th
February 15th
March 15th
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



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](https://www.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
Web: www.aacounty.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.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 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.