

Caregiver Corner

... Ideas and information for people caring for others 778-2411

Say It With Music! Communicating With Your Older Person Through Music



The May Caregiver Chat will host Debra Broderick, Registered Music Therapist, and Volunteer Coordinator at the Willow Point Nursing Home. Debra will provide an overview of what Music Therapy is. She will also share with us the variety of ways Music Therapy can benefit both your older person and you. Handouts will be provided. A general caregiver discussion will follow the featured topic.

The Caregiver Chat will meet Monday, May 5th, from 1-3PM at the Stay Healthy Center which is located in the Oakdale Mall near Sears. Chat is an informal discussion group for people who are concerned about an older friend or relative. The group is coordinated by Judy Bobinski, Caregiver Services Case Manager. You are welcome to bring your lunch and a beverage with you and enjoy the company of other caregivers. Call Judy with questions at 778-2411.

Contents:

1. Say it With Music! Communicating With Your Older Person Through Music.....	1
2. Group Caregiving Can Ease the Strain	1
3. May is Mental Health Month: Check out These Activities.....	2
4. Join Us for Some Medicare 101 Education Session to be Offered.....	2
5. Signs of Successful Caregiving.....	2
6. Being her Caregiver	3
7. Understanding Late Stage Alzheimer's Disease.....	3
8. Association for Vision Rehabilitation And Employment has an On-Site Store...3	
9. Power of Attorney	3
10. Caregiver Retreat Information.....	4

Group Caregiving Can Ease The Strain



Adapted from an article By Lynn Anderson editor of The Best Times, a monthly newspaper for Johnson County, KS residents age 60 and over.

In a time when the medical establishment is overburdened, grown children live far away, marriages split up, friends relocate, and immediate family members are already stressed, caregiving can be an increasingly isolated and stressful experience. But an unusual group model of care offers a simple yet effective solution.

Share The Caregiving, Inc. is a nonprofit organization dedicated to educating the public, health professionals, and clergy about **group caregiving** as a proven option for meeting the needs of the seriously ill or dying, those in rehabilitation, the elderly in need of assistance, and their caregivers.

☐ The Share the Care model provides a road map on how to take a group of ordinary individuals (friends, relatives, neighbors, co-workers, and acquaintances) and turn them into a "caregiver family" to help individuals and families meet the daily challenges of caregiving.

Share the Care is a detailed, step-by-step model that shows how to:

- ☞ Create a caregiver "family" from friends, relatives, neighbors, co-workers, and acquaintances.
- ☞ Answer the often-asked question, "How can I help?"

- Hold a meeting that will turn a group of ordinary people into a powerful caregiving team.
- Organize the team using a simple system and a workbook guide that guarantees every job will get done and no one will have too much to do.
- Discover the hidden talents within the group, make the most of each person's resources, cope with group issues, and stay together in the face of adversity.
- Navigate the medical maze of doctors, hospitals, treatments, and medications.
- Deal with your own emotional issues and fears while helping a person who is facing her or his mortality.
- Make caregiving a meaningful, loving experience and replace stress, fear, and loneliness with teamwork, courage, and friendship.

Share the Care is based on the experiences of the workbook authors and 10 other women who came together to help care for a terminally ill friend. Although they were mostly strangers to each other, they stayed together for three and a half years, developing a unique system of caregiving as well as deep friendships that have lasted over time.

The Share the Care model is available online at www.ShareTheCare.org. If you do not use the Internet, call : Share The Caregiving, Inc. at 646-467-8097.

May is Mental Health Month: Check out These Activities

Live, Laugh, Love



Research has documented the value of supportive relationships and laughter for healing and maintaining wellness.

Join Linda Humphrey and others and share a "chicken soup for the soul" story or maybe even a good joke. To register, call 607-762-2887. This program will be held Monday,

May 19th, from 4-5:30 PM in the Family Ties Room, ACC 1 in Binghamton General Hospital. There is no fee.

Striving for the Golden Egg



Goal setting and achieving your goals is possible. Learn how "foul" thoughts may be keeping you from your goals. This informative and fun session is about facing fears and developing a winning attitude. There will be a special appearance by "Clara Careful Chicken". There is no charge for admission. To register please call 762-2887. It will be on Thursday, May 8th from 5-6:30 PM in the Doctor's Auditorium on the Ground Floor at Binghamton General Hospital.

Join Us for Some Medicare 101 Education session to be offered

On Wednesday, May 14th, from 6-7:45 PM in the Decker Room at the Broome County Library Caregiver Services will host "Medicare 101" presented by Cathy Tulloch from Action for Older Persons. Come and learn about what Medicare covers and where you can turn when you have Medicare questions. Pre-Registration is required. Please call Andrea Wright at 778-2411 with questions or to register.

Signs of Successful Caregiving

- Caring for your self is a priority
- You know and respect your own limits.
- You arrange for time for yourself.
- You arrange for time with a spouse, other family, and/or friends.
- Give yourself credit for things you do well.
- Caregiving is a partnership in which you share responsibilities with others.

Congratulations!



Being Her Caregiver

By A Family Caregiver

Ever since I can remember, she was always there.

*Guiding our young lives,
She taught us how to care.*

*She had an endearing smile and a patient way,
But was strict at times,
Correcting what we do and say.*

*Our childhood years went by so fast.
Life will never be the same.
Those early memories are a distant past.*

*This woman, now elderly and frail.
She raised me, to who I am,
But her health is beginning to fail.*

*To show my appreciation for all she'd done,
I now provide her care.
I welcome the chance to be the one.*

*Being her caregiver, tending to mother.
I cherished the precious time,
That we spent with each other.*

*My smile, patience and being a friend,
Meant a lot to her.
It kept this special woman comfortable to the end.*

*Teaching values to my kids, the way she showed me.
The cycle now continues,
My caregiver, someday, they may be.*



Understanding Late Stage Alzheimer's Disease



There will be a **free** program conducted by skilled professionals designed to confront tough caregiving issues for family members dealing with the late stages of Alzheimer's disease and related dementias. This workshop will take place on **Thursday, May 29th from 6-8 PM at Chenango Memorial Hospital in the Basement Conference Room. The Hospital is on North Broad Street in Norwich. Call 607-785-7852 by May 21st to register or with questions.**

Association for Vision Rehabilitation and Employment has an On-site Store



Many people may not know this, but a few months ago the Association for Vision Rehabilitation and Employment or A.V.R.E. as it goes by opened an on-site store for its low vision aids. The store has a wide array of adaptive aids and devices that are specifically designed to make life easier for people who have little or no vision. These include large button phones, talking clocks, watches, thermometers, games, and many other helpful items. They also sell paper products and cleaning supplies. If any of these would be of benefit to you, a loved one, or friend then visit the store at 174 Court Street, Binghamton, New York 13901 or call for information at 607-724-2428.

Power of Attorney



Have you ever wondered what would happen if you became mentally incapacitated? Would your family and the assets you worked a lifetime for be protected? Is there

someone you can trust to make critical decisions for you? If you are unsure about these answers then you should know about the Power of Attorney. A Power of Attorney is an authorization to act on someone else's behalf in a legal or business matter. Before granting a Power of Attorney, you need to know which type of Power of Attorney you want to use. There are both durable and nondurable Powers of Attorney depending on the purpose and the duration. Either type of Power of Attorney can be revoked.

A durable Power of Attorney enables a person to act on your behalf and remains in effect if you become incompetent. It may be used immediately and can be in effect until you die.

A nondurable Power of Attorney is often used for a specific transaction such as the sale of a house or financial dealings.

To name the person you want to act for you, forms need to be filled out. In different states, these are different. Some places require the forms to be filed at the County Clerk's office to be legal.

Sometimes when doing a Power of Attorney it is helpful to consult a lawyer.

Caregiver Retreat Information

There will be no Spring Retreat this year. Watch future editions for information on Fall Special Events for Caregivers. Plans are being started for one in the Fall. We hope to see you all at that one. Look for information in future issues of this newsletter. Thank you!!

Caregiver Services and its publication, "*Caregiver Corner*" are supported by a grant from the New York State Office for the Aging.

Your May 2008 "Caregiver Corner"

Broome County Office for Aging
44 Hawley Street
PO Box 1766
Binghamton, NY 13902-1766



Broome County Office for Aging

...bringing seniors and services together