

Caregiver Corner

Ideas and Information for People Caring for Others

September and October 2020 / 607-778-2411 / www.gobroomecounty.com/senior

Caregiver Presentations Resume Through Zoom

Caregiver Services is pleased to announce that we will resume our monthly caregiver presentations on September 23.

You will be able to participate using a landline or cell phone. If you choose to use the free Zoom application, you can see as well as hear the presenter on your smartphone or computer.

If you are using a landline phone or cell phone to call in:

Call this number: 646-558-8656
You will be asked for a meeting ID: 970 4161 7223
Password: 540832

If you wish to participate using your computer or smartphone, you will need to download the Zoom application on that device:

Join the Zoom Meeting by clicking the link below or entering it into your web browser on the device.

<https://broome.zoom.us/j/97041617223?pwd=aHU1ZlhFL1VQSDhybjlDSGsxenRkZz09>

This should allow you to log directly into the meeting; however, for your reference:

Meeting ID: 970 4161 7223
Password: 540832
Use the phone number: 646 558 8656 if you wish to dial in instead of using your computer for the audio portion of the connection.

Details on the presentations follow this article.

Alzheimer's Disease: Effective Communication Strategies

Date: Wednesday, September 23
Time: 2:00 PM – 3:00 PM
Location: Zoom platform
Presenter: Lisa McCarthy, Associate Care Manager with the Alzheimer's Association of Central NY



This Program explores how communication takes place when someone has Alzheimer's. Learn to decode the verbal and behavioral messages delivered by someone with dementia and identify strategies to help you connect and communicate at each stage of the disease.

Pre- Registration is required. Please call Caregiver Services at (607) 778-2411 to register.

Learning How to Downsize and Declutter:

Tips for Caregivers and their Loved Ones

Date: Wednesday, October 14
Time: 1:00 PM – 2:00 PM
Location: Zoom platform
Presenter: Joan Sprague, retired, Broome County Office for Aging



Do you have clutter? Many of us do - some of it sentimental and meaningful, some just plain unnecessary.

This presentation will help participants get motivated to start the process of downsizing. Downsizing often takes time and patience, as it takes a lifetime to accumulate the things we have. We will also discuss possible reasons why we hold onto things the way we do. Pre-registration is required. Please call Caregiver Services at (607) 778-2411 to register.

Caregiver Phone Chats



Let's chat! These informal discussions are open to caregivers of any age.

To join the call:

dial (607) 778-6547

When prompted, enter the following numbers, followed by the pound (#) sign:

Meeting number – 2187#

Attendee Access Code – 123456#

Date: Monday, Sept. 14

Monday, Oct. 5

Time: 1:00 - 2:30 PM

Date: Wednesday, Sept. 16

Wednesday, Oct. 21

Time: 9:30 - 11:00 AM

Binghamton Walk to End Alzheimer's – September 26th



This year the Alzheimer's Association Walk to End Alzheimer's is everywhere — on every sidewalk, trail and track. And although the world may look a little different right now, one thing hasn't changed: our commitment to the fight against Alzheimer's.

Your health and safety are our top priorities. The Walk to End Alzheimer's won't be a large in-person gathering this year — instead, we invite you to walk in your neighborhood in small teams* of friends and family while others in your community do the same. Because we're all walking and fundraising for the same thing: a world without Alzheimer's and all other dementia.

**All participants should follow CDC guidelines and local health recommendations when deciding to walk with those outside of their household.*

How to Participate

1. Register for our local Binghamton Walk to be held on Sept. 26th.

Sign up as a Team Captain, team member or individual at act.alz.org/walk

2. Start fundraising and spread the word.

We'll provide tips and coaching every step of the way, including easy ways to raise funds online and at home. Start your fundraising by making a self-donation and sharing your fundraising page to your Facebook page.

3. Join us on the 26th - Walk day.

Take part in an interactive online experience, walk in your community and visit the planted Promise Garden, which is view only.

For more information or assistance with registering, please contact Kirsten Johnson at (315) 612-2747 or kijohnson@alz.org.

Alzheimer's isn't waiting. Neither are you. No matter where you are, you can walk.

Caregiver Q & A

Question: What can I do if my loved one refuses to accept help?



Answer: People can be reluctant to accept help at first, but there are strategies to help persuade them. It's important to talk with the person you're caring for about their concerns. Acknowledge that they may feel uncomfortable admitting they're no longer totally independent. Many seniors fear if they admit they need help, they will no longer be able to remain in their home.



It would be worthwhile for you to research the many alternatives to nursing home care. Once you have a good idea of what's available, you can discuss options with your family member or friend and explain why it's important to plan for the future — and that the future for an aging person does not automatically mean nursing home placement.

If needed, involve other family members, the person's doctor, clergy, or close friends who may have influence. For more information on how to have difficult conversations or hold a family meeting, contact Caregiver Services at (607) 778 -2411.

The Value of Friendship

by Marlene Pyle

I've learned many things since I began taking care of my 85-year-old grandmother. I know which supermarkets offer senior citizens' discounts on which days of the week. I know which drugstore has the most helpful pharmacist, and which beautician will fix my grandmother's hair just the way she likes it. But one of the most important things I've learned isn't really about caring for my grandmother; it's about caring for myself. I've learned the value of true friendship.

When my grandmother moved here to Georgia from her home state of Michigan in order to be nearer to me, I knew my busy life was about to get busier and more chaotic. I have a full-time job, two teenagers and (thankfully) a very supportive husband. My plate was already pretty full.

I had long since given up on finding the time to do volunteer work, appeasing my pangs of guilt by donating clothing to my local battered women's shelter and writing a yearly check to the American Cancer Society. I quit making excuses for not getting to the gym, and finally let my membership lapse. I made peace with the fact that my house may not be immaculate at all times, but is pretty clean most of the time. But one thing I always made time for was my girlfriends.

Going out to lunch with the girls was something I looked forward to. Our shopping trips and movie nights kept me sane. Even if we just met at the park for a quick walk, I always felt better and more relaxed after I'd spent time with them.

My grandmother's arrival changed things. It was difficult for me to make last-minute plans with my friends, and I often had to cancel even long-standing dates if my grandmother was ill or had an appointment that couldn't be rescheduled. I couldn't linger on the phone with my pals as often, and leaving town for more than a day or two required elaborate

arrangements and planning. For the first time in my life, I found myself buying greeting cards that read "Happy Belated Birthday." Weeks or even months would go by when the only contact I had with some of my friends was a hurried email.

But there was also Paula, who sat me with me in the dingy hospital waiting room while my grandmother had surgery, and who spent an entire Saturday helping me paint my grandmother's bedroom the perfect shade of yellow.

There is Pam, who leaves funny messages on my voice mail, even though she knows I may not get to call her back for a while, and who volunteered to take my grandmother to an appointment when I had a meeting I absolutely couldn't miss.

What would I do without them? I don't even want to know. As the song goes, I get by with a little help from my friends.

My grandmother's taught me a lot over the years. My friends have taught me even more.

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"A hero is an ordinary individual who finds the strength to persevere and endure in spite of overwhelming obstacles."

Christopher Reeve



The Caregiver Services Program is sponsored by a grant from the Administration for Community Living, New York State Office for Aging, and Broome County.

Contributions are accepted to help support this program. No one is denied service because of an inability or unwillingness to contribute and all contributions are confidential.

To make a contribution, please send checks or money orders to: Broome County Office for Aging, PO Box 1766, Binghamton, NY 13902.

Caregiver Corner

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Prefer to read on-line?

Caregiver Corner is also available on line at <http://www.gobroomecounty.com/senior/cgcnews/>.

If you prefer to read the electronic version, we'd be glad to e-mail you a reminder when new issues are posted; we'll take you off the mailing list for the paper copies. Let us know by emailing:

OFA@BroomeCounty.US

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Thank you!