

Caregiver Connection

Called to
CARE[®]
A program of Johns Hopkins Bayview Medical Center

A publication that connects caregivers with resources, support and each other

July/August 2019

Caregiver Café

July 31, from 11:30 a.m. to 1 p.m.

Schmidt Conference Room
Alpha Commons Building, 4th floor
Johns Hopkins Bayview campus
5300 Alpha Commons Dr., Baltimore, MD 21224

Info.: 410-550-8018 (*no registration is required*)

Lunch & Learn: Managing Cancer at Work

Work Stride, a Johns Hopkins program, will offer information and support to help employees and caregivers navigate the cancer journey.

August 8, 12 to 1 p.m.

Norman Library, Asthma & Allergy Center
Johns Hopkins Bayview campus
5501 Hopkins Bayview Circle

Register by August 2: 410-550-1660

Community Events

Care for the Caregiver

Learn how to avoid burnout by keeping your mental and physical health on track.

July 25, 1:30 to 3 p.m.

Wise & Well Center at Keswick
700 W. 40th St., Baltimore, MD 21211

Family Communication

Learn about effective communication, how to manage conflict and how the Baltimore Community Mediation Center can help achieve a resolution.

August 8, 5:30 to 6:30 p.m.

Wise & Well Center at Keswick
700 W. 40th St., Baltimore, MD 21211

Register: 410-662-4363

Info.: choosekeswick.org/events

Community Partner Spotlight: Jewish Community Services



Jewish Community Services (JCS) is a non-profit human service agency of The Associated: Jewish Community Federation of Baltimore that provides services to meet the diverse, multi-dimensional needs of individuals and families throughout Central Maryland. One of its priority areas is aging and caregiving.

JCS is dedicated to helping older adults age in place with maximum independence and dignity by offering seniors, their families and caregivers resources and services that support healthy living, promote safety and improve quality of life.

Specialists in gerontology provide up-to-date information, expert advice and senior-focused services including:

- Elder Care Management
- Counseling and Therapy Services
- Grief Support Programs
- Services for Holocaust Survivors
- Low Vision Support Group
- Parkinson's Disease Support Group
- Dementia Caregivers' Support Group

To learn more about JCS and its services, call **410-466-9200** or visit jcsbaltimore.org.

SAVE THE DATE!

Annual Caregivers Summer Picnic

Friday, August 16

12 to 2:30 p.m.

Civic Works – Clifton Mansion
2701 St. Lo Dr., Baltimore, MD

Info./RSVP – 410-550-8018



LAUGHTER IS THE BEST MEDICINE

Humor is an attitude. A state of mind. A way of taking negatives and turning them into positives.

Humor and laughter can:

- Ease tension.
- Convey goodwill.
- Defuse negative emotions.
- Relieve stress and sadness.
- Help reassert control.
- Increase flexibility in problem solving by helping you see things from another perspective.
- Perk up the immune system.
- Release natural painkillers (endorphins) in the body.

As a caregiver, have you ever had something happen that was really funny or at least struck you that way? What was it? What happened? How did you feel afterward?

You can develop a positive approach toward caregiving and enhance your sense of humor by thinking funny thoughts and developing a happy, healthy attitude.

For more tips on managing your stress and taking better care of yourself, visit the Caregiver Toolkit at hopkinsmedicine.org/jhbmc/c2c.

Rx

Name: _____

Date: _____

- Read funny books.
- Watch comedies on TV or at the movies.
- Collect funny jokes and stories.
- Look for humor in the ordinary routines of your day or the unexpected mix-ups of your life.

Signature: _____

Bea Wang

CRUISING THROUGH CAREGIVING: 2019 CAREGIVERS CONFERENCE



The conference featured a panel discussion about the transformative power of caregiving. Pictured left to right: Michelle Bellamy, Marisol Marengo, Nicole Rochester, M.D., David Felzenberg and Janice Reaves.

For the second year, Called to Care partnered with the Baltimore City Health Department Division of Aging to host the annual caregiver conference held at Morgan State University. More than 350 family caregivers attended this year's event, "Cruising Through Caregiving: Beginning to End."

Those in attendance participated in break-out and general sessions that focused on the critical role of caregivers and the daily challenges they face. Speakers and representatives from local health and human service agencies also were on-site to provide information and resources to help caregivers take better care of themselves and their loved ones.

If you missed out on this year's conference and want to learn about other upcoming events for caregivers, visit Called to Care at hopkinsmedicine.org/jhbmc/c2c or the Baltimore City Health Department Family Caregivers Program at health.baltimorecity.gov/family-caregivers-program.

Special thanks to The Harry and Jeanette Weinberg Foundation for their generous financial support of Called to Care. *Caregiver Connection* is published 6 times a year by Johns Hopkins Bayview's Called to Care program. **W. Daniel Hale, Ph.D.**, director, Healthy Community Partnership; **Meghan Rossbach**, editor and designer; **Kimberly Monson, Meghan Rossbach** and **Linda Stewart**, contributors.

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