

# Caregiver Connection

Called to CARE<sup>®</sup>  
A program of Johns Hopkins Bayview Medical Center

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

September/October 2018

## Caregiver Cafés

Chat with fellow caregivers, meet health care providers and learn about community resources.

**Sept. 20 & Oct. 18, from 2 to 3:30 p.m.**

The Soul Center at Beth El Congregation  
8101 Park Heights Ave., Pikesville, MD 21208

**Info./Register:** rachels@bethelbal.com or  
410-484-0411 ext. 1103

**Sept. 26 & Oct. 31, from 4 to 5 p.m.**

5th floor waiting room, FSK Pavilion  
Johns Hopkins Bayview campus  
4940 Eastern Avenue, Baltimore, MD 21224

**Info.:** 410-550-1660 (no registration is required)

**Oct. 25, from 12 to 1:30 p.m.**

Zeta Healthy Aging Partnership  
Langston Hughes Business & Resource Center  
5011 Arbutus Ave., Baltimore, MD 21215

**Info.:** 410-550-1660 (no registration is required)

## Community Events

**Sept. 10: Keswick Community Health's Wise & Well Center for Healthy Living**

*GRAND OPENING! Designed as a place for older people to pursue their health and well-being goals, the Wise & Well Center for Healthy Living will offer classes, coaching and personalized service across multiple dimensions of wellness.*

10:30 a.m. to 12:30 p.m.

11 a.m. – Ribbon Cutting

700 W. 40th Street, Baltimore, MD

**Info./Register:** 410-662-4243

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; **Tammy Marsh, Kimberly Monson, Linda Stewart**, contributors. **Phone:** 410-550-8018; **Web:** hopkinsmedicine.org/jhbmc/c2c

## Community Partner Spotlight



The Zeta Healthy Aging Partnership (Z-HAP) provides a wide range of activities to enrich the lives of older adults and their families. By fostering strong

collaboration with non-profits and government agencies, Z-HAP knows how to keep seniors engaged through health education, recreation, fitness, cultural activities and self-empowering sessions.

Z-HAP Fridays and Z-HAP Thursdays are signature programs that bring together more than 200 participants every week at the Zeta Center for Healthy and Active Aging and the Langston Hughes Community, Business & Resource Center in lower Park Heights. Nutritious meals, fresh food distribution, health screenings, legal advice and other resources are readily available through Z-HAP and partnering centers. Activities are offered for free or a nominal charge. Caregivers and care recipients are encouraged to participate.

To learn more, contact **Betsy D. Simon, MS, CHES**, founding director, at **410-375-7504** or [simonbetsyd@aol.com](mailto:simonbetsyd@aol.com).



## September is Healthy Aging Month

As a caregiver, it's important to reaffirm your commitment to rejuvenating self-care habits. Follow these four simple tips for maintaining a healthy lifestyle as you age.

- 1. Get moving.** Exercise on a daily basis. Physical activity not only helps maintain a healthy body but a healthy brain, too.
- 2. Stay social.** Make new friends and make an effort to see your old friends, too. Learn something new by taking a class or playing games. Give back by volunteering.
- 3. Stay balanced.** Practice yoga to improve your flexibility and balance. Yoga is also great for the mind and will help reduce stress.
- 4. Sleep well.** It's very important to rest. Try putting yourself on a schedule to ensure you are getting the right amount of sleep you need.

Source: [healthyaging.net](http://healthyaging.net)

# RECAP: ANNUAL CAREGIVER PICNIC

More than 50 caregivers gathered at the Clifton Mansion on August 17 for an afternoon of camaraderie, support and relaxation. This is the second year Called to Care has hosted the picnic to thank caregivers for all they do—and most importantly, to encourage them to take time for themselves. Below are a few snapshots from the day.



*Left to right: group photo in front of Clifton Mansion; Charles Borcharding played classical and popular music*



*Left to right: John Ciekot shared the history of Clifton Mansion; community partners offered resources and support to caregivers*

## 3 WAYS TO MAKE CAREGIVERS' LIVES EASIER

When you take on the role as a caregiver for your loved one, you often work around the clock in effort to make their life as comfortable as possible. While the amount of responsibilities that come with this role can be large, these three situational tips are used to provide some ease in the daily life of a caregiver.

**1. Daily bathing routines**— Bath safety products such as grab bars can take the strain off of you by giving your loved one something to grasp as they get in and out of the tub.

**2. Hospital beds and supplies**— Your loved one may spend a large portion of their day in bed. Making sure they're comfortable and periodically adjusting them to avoid bed sores is very important. The right hospital bed, mattresses and other supplies are essential to your loved one's well-being. Full electric beds feature motors that allow you to shift your loved one's position with relative ease.

**3. Look for the little things**— It's often that a helping hand is needed to ease the burden of caregiving while you balance the needs of you and your loved one. Private duty services, including personal care and shift nursing, may be a viable option for you to help maintain that balance.

Sometimes, being able to take care of smaller tasks on their own can boost your loved one's morale—as well as yours. Aids to daily living include products such as reachers, dressing aids and lift chairs, all of which can help your loved one be a little more independent.

