

Caregiver Connection

Called to
CARE

A program of Johns Hopkins Bayview Medical Center

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

October/November 2016

Caregiver Cafés

Stop in to chat with fellow caregivers, meet health care providers and learn about valuable community resources.

Oct. 19, from 11 a.m. to 1 p.m.

Southern Baptist Church
1701 N. Chester St., Baltimore, MD

Oct. 21 & Nov. 18, from 11 a.m. to 1 p.m.

Enoch Pratt Free Library
3601 Eastern Ave., Baltimore, MD

Oct. 26 & Nov. 30, from 4 to 5:30 p.m.

Johns Hopkins Bayview Medical Center
5th floor waiting room

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

Maryland Caregiver Teleconnection

Have you ever wanted to chat with an expert about health matters or other caregiver-related topics? Join the conversation during one of our free call-in programs.

Oct. 27 at 2 p.m.

Caring for Caregivers: Mental Health Support

Barbara Anderson, Pro Bono Counseling

Learn how to gain access to free services with volunteer licensed mental health professionals.

Info./Register: 866-707-6051 or
marylandcaregiverteleconnection.org

Community Events

Me Time: Yoga, Chat & Chew for Caregivers

Get rejuvenated with relaxation exercises, a healthy lunch and uplifting conversation.

November 10

11 a.m. to 1:30 p.m.
Sollers Point Multipurpose Center
323 Sollers Point Road, Dundalk, MD

Register by Nov. 4: 410-550-1660



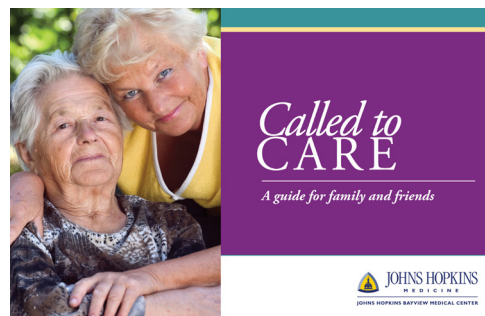
When you are a caregiver, you know that every day you will touch a life or a life will touch yours.

—Anonymous

November is National Family Caregivers Month

Thank you for accepting the call to care for a family member, partner or friend. You are not alone on this caregiving journey. Just as you are there to care for your loved one, there are many individuals and organizations available to help you.

Learn more at hopkinsmedicine.org/jhbmc/calledtocare or call **410-550-8018**.



Featured Resource: A Guide for Family and Friends

Produced by the Called to Care team, this booklet provides caregivers with valuable information and resources to make the caregiving as easy as possible. It contains personal stories, the basics of family caregiving, caregiving tips, how to care for yourself, how to plan for the future and where to turn for help.

To request your free copy, call **410-550-1660**. *Called to Care: A Guide for Family and Friends* also is available online and can be downloaded at hopkinsmedicine.org/jhbmc/calledtocare.

The Voice of the Caregiver



Kimberly Monson, Bob Hucik and Jaye Richardson at the completion of the family caregiver education class.

Bob Hucik, 65, has always been a caregiver. In his lifetime, he has looked after his younger brothers and sister, raised two sons and took care of his parents. Most recently, he has become the family caregiver for his 85-year-old mother-in-law, who has Alzheimer's disease.

Below, he answers a few questions about his caregiving experience and offers advice to those who are caring for their loved ones.

As a caregiver, what is the biggest challenge for you?

I was declared legally disabled in 2014. I survived a major heart attack, followed by three minor heart attacks. I've also had chronic kidney problems, and had major surgery on my neck. It's hard making sure that I take care of myself while taking care of my mother-in-law. But, I also realize that if I'm not healthy, then I can't provide her with the best care.

Caring for my mother-in-law also has put a strain on my relationship with my wife. She works full-time, so she's not home with her mom during the day. I get frustrated when she doesn't know what's going on with her mom—her doctors, her medicines. I feel like as her daughter, she should know these types of things. The caregiver education class has really helped me manage these feelings and expectations.

Tell us about the family caregiver education class.

My wife stumbled across some information online about Called to Care and the Caregiving 101 class. She knew I was having a tough time with my mother-in-law, so she suggested that I check it out. I fought her tooth and nail, but still went to the class. I'm sure it was obvious to everyone in the class that I didn't want to be there.

I was fighting with my mother-in-law and wife all the time. I felt like I wasn't getting the help I needed. I was so stressed out, which was causing me to have health problems. But, after the second or third session, things started to click and make sense to me.

How has the class helped you?

I liked hearing what other people were going through and learning how they dealt with certain situations. It's nice knowing that I'm not alone and that other people are going through the same things.

The class also helped me understand what my mother-in-law was going through, and taught me to have a little more patience with her.

How do you take time for yourself?

I attend the caregiver support group once a month at Hopkins ElderPlus. It's been really helpful to be around other caregivers and feel this sense of camaraderie. I also write a Christian blog, which helps me relax.

Caregiver 101: Family Caregiver Education Series

Held on the Johns Hopkins Bayview campus, this 6-week course brings together caregivers and health care providers to discuss common issues and share ideas about caregiving. It is free and open to the public.

January 10 – February 14 (every Tuesday), from 12 – 2 p.m.

-or-

January 12 – February 16 (every Thursday), from 5 – 7 p.m.

For more information or to register, call 410-550-1118 or email kmonson1@jhmi.edu.

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Phone: 410-550-8018; **Web:** hopkinsmedicine.org/jhbmccalledtocare