

Caregiver Connection

Called to
CARE

A program of Johns Hopkins Bayview Medical Center

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

March/April 2018

Caregiver Cafés

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

March 15 & April 19, 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

March 28 & April 25, from 4 to 5 p.m.

Johns Hopkins Bayview
5th floor waiting room, FSK Pavilion

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

Community Events

March 28: Estate Planning Clinic

The clinic is open to Baltimore City residents over 60. Reservations are required.

10 a.m. to 3 p.m.

Mount Pleasant Church, 6000 Radecke Ave.

Info./Reservations: 443-703-3052

April 13: Alzheimer's Association Annual Dementia Conference

8 a.m. to 3:30 p.m.

Sheraton North Baltimore, 903 Dulany Valley Rd.

Info./Registration: 410-561-9099

April 14: Baltimore County Family Caregivers Mini-Conference

8:45 a.m. to 12:30 p.m.

Seven Oaks Senior Center, 9210 Seven Courts Dr.

Info.: 410-887-2109



Sisters Together and Reaching, Inc. (STAR)

Community Partner Spotlight: Sisters Together and Reaching, Inc. (STAR)

Sisters Together and Reaching, Inc. (STAR) provides health and wellness resources and services to underserved communities in a holistic, faith-centered environment. STAR believes that by empowering individuals to make healthy lifestyle choices, they will improve the health of the communities they serve.

Located in East Baltimore, STAR offers a range of services including:

- Counseling, testing and referral education for Baltimore City residents at risk for or living with HIV/AIDS and other sexually transmitted infections, diabetes, cancer, heart disease or other illnesses
- Health insurance support services
- Emergency financial resources
- Health education and risk-reduction education
- Mental health counseling
- Early Intervention Services (EIS)
- Psychosocial support group services
- Caregiver support group

STAR also sponsors the annual “Why Women Cry” conference, which brings current prevention and treatment information to the community. This year’s conference will be held on Monday, April 2 at the Renaissance Harborplace Hotel.

To learn more about STAR’s supportive services visit sisterstogetherandreaching.org or call **410-276-8969**.

Voice of the Caregiver: John Long



Who are you caring for?

Primarily my mother, but also my father and—to a lesser extent—my wife.

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

Being an only child with few relatives left alive, my biggest challenge is finding the time and money to do everything needed to care for everyone as they should be. If money were not an issue, I would hire people to help care for my parents. If I had siblings or more relatives, I would ask them for assistance. Unfortunately, these are not viable options.

How do you take time for yourself?

Spending as much time as possible outdoors in nature. Nature helps me to realize everything has a purpose and that we are all part of something much greater than ourselves.

What services have you found to be supportive?

The MIND at Home program under the Johns Hopkins Memory Center was incredible. I just wish the program was longer than a year for each participant. Having a nurse visit my parents to help them with accommodations once a month was invaluable.

What advice would you give to other caregivers?

Never show anger, disappointment or sorrow around those you are caring for. These messages will negatively affect them and they cannot help the condition they are in. Remember how they cared for you as a child and how many times you frustrated them. Now is your time to repay that love.

Time For You: Making Respite Time More Effective



Respite is temporary relief away—whether planned or emergency—from the daily obligations of providing care to a loved one. It can be effective in reducing caregiver burden and improving well-being, health and confidence.

Set goals to maximize your respite time. Write down one to three specific goals you'd like to accomplish during your respite time. This can be anything from sleeping to going to lunch with a friend. The main thing is to focus on yourself for a short time.

Get together with other caregivers. Sometimes it helps to be around other people who understand what you're experiencing. *Caregiver 101: Family Caregiver Education*, a **free**, 7-week course, will focus on topics, such as what it means to be a caregiver, how to take care of yourself and building cooperative relationships. Class is held every Thursday, May 3 through June 14, from 5 to 7 pm at Johns Hopkins Bayview Medical Center. Space is limited. To register call **410-550-1118** or email **kmonson1@jhmi.edu**.

Tell a friend you need assistance to take a break. Encourage them to attend *Respite Care Volunteer Training*, a **free**, 4-week course that teaches community members the basics of providing in-home companion care to allow caregivers to take a break from caring for their loved one. Class is held every Monday, April 16 through May 7, from 5 to 7:30 p.m. at Johns Hopkins Bayview. For more information or to register by April 6, call **410-550-1660** or email **lstewa27@jhmi.edu**.