

Caregiver Connection

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

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

November/December 2018

Caregiver Cafés

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

Nov. 15 & Dec. 20, 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

Nov. 28 & Dec. 26, 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*)

Lunch & Learn

**Nov. 1: Supportive Services for Veterans—
Caregivers and Care Recipients**

Sharon Kelly, caregiver support coordinator for the U.S. Department of Veterans Affairs, will highlight the VA Medical Center's caregiver support program, who is eligible, how to access services and other helpful information to assist family caregivers of veterans. Lunch is provided.

12 to 1 p.m.

Norman Library, Asthma & Allergy Center
5501 Hopkins Bayview Circle, Baltimore, MD

Register by Oct. 29: 410-550-1660

Community Events

Dealing with Dementia Workshop

This four-hour workshop empowers you to discover answers, increase care and be bolder in your caregiving. Workshop and 300-page guidebook offered at no cost.

Nov. 8 at 9 a.m.

Dec. 1 at 9:15 a.m., and Dec. 5 at 12 p.m.

Various Baltimore County Senior Centers

Info./Register: 410-887-1662 or mmarseilles@
baltimorecounty.gov

Supercharge Your Caregiving



November is National Family Caregivers Month. During this special month, Called to Care salutes you—the Wonder Women and Supermen who play an incredible role in the lives of your loved ones. “Thanks” just doesn’t seem enough for all you do.

Caregivers are superheroes who take care of family, friends and neighbors; manage medications, schedule doctor appointments; and balance work and home. How do you handle it all? Even superheroes need tools!

We recently added a Family Caregiver Toolbox to the Called to Care website and invite you to take advantage of the resources and materials it offers. Visit hopkinsmedicine.org/jhbmc/c2c to learn how to manage your caregiver stress and strategies to take better care of yourself.

As always, we are here to support you on your caregiving journey. If you have any questions, please feel free to call us at **410-550-8018**.

Community Partner Spotlight



This fall, Keswick opened the doors to its new Wise & Well Center for Healthy Living. The first of its kind in

Maryland, Keswick has designed a dedicated space for older people in our area to pursue their health and well-being goals. This welcoming space offers classes in fitness, healthy eating, visual arts, gardening, fall prevention and other educational programming on a myriad of topics. Members can socialize and take advantage of numerous resources so they are able to live well, age well and be well.

To learn more about the benefits of Keswick Community Health's Wise & Well Center or to schedule a tour, call **410-662-4363** or visit **ChooseKeswick.org**.

VOICE OF THE CAREGIVER: TERESA STEVENS

Teresa Stevens, LPN, FIM coordinator in the rehabilitation services department, was raising her own family—three young boys—when her father became sick in 2005. He had a massive heart attack, followed by open heart surgery and never fully recovered. Stevens knew this was a lot for her mom to handle on her own, so she stepped up to care for her dad while supporting her mom at the same time.

“I was working full time, raising my own kids and trying to help my parents as much as possible,” she says. “I tried to be everything to everyone.”

This is common of the “sandwich generation”—adults in their 30s to 50s who are caring for aging parents while also raising a family of their own. This group also is more likely to experience high levels of stress, fatigue, anxiety, depression and physical illness.

Stevens was feeling all of this when she found Called to Care in 2015. Her father had since passed away, but she continued to care for her mom, whose health was starting to decline. There were doctor appointments to schedule, medications to manage and aspects of daily living to maintain—all while caring for her own family.

“I started to put my own family aside so I could care for my mom,” she says. “I took on a lot of stress because I felt like I had to do it all.”

Finding Support

Stevens joined the Caregiver Steering Committee, a group of employees who provide support to one another and offer guidance on programs that may be beneficial to family caregivers. The committee gave her an opportunity to share her struggles and ask questions about how to be a better caregiver. In her conversations with others, she learned about the Faculty and Staff Assistance Program (FASAP) and Family Medical Leave Act (FMLA).

“When I was caring for my dad, I had no idea these things existed,” Stevens says. “I had to take a lot of time off and was afraid of losing my job. If I had known about FMLA, then that would have been one less thing for me to worry about.”

FASAP is a free, confidential assessment, short-term counseling and referral service for employees and members of their household. FMLA offers 12 weeks of unpaid, job-protected leave for the qualifying life events, including caring for an immediate family member with a serious health condition.

Stevens took advantage of both until her mom passed away in 2016.

Advice For Others

While Stevens is no longer an active caregiver, she still participates in the steering committee. She understands what other members of the “sandwich generation” are going through and encourages them to take time for themselves.

“It’s natural to want to be everything to everybody,” she says. “But you have to be kind to yourself in order to be the best caregiver you can be.”

To learn more about Called to Care or the Caregiver Steering Committee, visit hopkinsbayview.org/jhbmc/c2c or call **410-550-1660**.



Stevens with her parents, Henry and Hope Malinski, at their 50th anniversary party in 2004.

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Phone: 410-550-8018; **Web:** hopkinsmedicine.org/jhbmc/c2c