

# 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 2018

## Caregiver Cafés

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

### July 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

### July 25, 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*)

## Community Events

### August 7: Caregiver 101 Mini-Workshop

*This condensed version of Caregiver 101: Family Caregiver Education, brings together family caregivers and health care professionals to discuss common issues and share ideas about caregiving.*

11:30 a.m. to 2 p.m.

Knott Conference Center

Johns Hopkins Bayview campus

**Register by July 30:** kmonson1@jhmi.edu or  
410-550-1118

### August 9: Lunch & Learn—Six Steps for Managing Caregiver Stress

*Learn about effective ways to cope with the stresses of caregiving and gain a sense of well-being through helpful strategies, exercises and actionable tips. Lunch is provided.*

12 to 1 p.m.

Knott Conference Center

Johns Hopkins Bayview campus

**Register by Aug. 6:** lstewa27@jhmi.edu or  
410-550-1660

## Community Partner Spotlight



### Civic Works Elder Services

Civic Works is a non-profit organization dedicated to strengthening Baltimore's communities through education, skills development, job training and community service.

For more than 20 years, Civic Works' programs have delivered tangible results by harnessing the energy and commitment of AmeriCorps members, staff, volunteers, sponsors, and community partners. Focusing on the needs of older adults, the Elder Services programs—including Cities for All Ages and Housing Upgrades to Benefit Seniors (HUBS)—offer fall prevention, safety repairs, referrals to supportive services, occupational therapy, service coordination and contract work to help older adults live better and make neighborhoods more vibrant for residents of all ages.

To learn more about Civic Works Elder Services, contact **Lauren Averella**, director, at [laverella@civicworks.com](mailto:laverella@civicworks.com) or **410-366-8533**.

*You've been called to care. Now, let us care for you!*

## Annual Caregivers Summer Picnic

*Enjoy lunch and outdoor activities.*

*Learn about valuable resources for you and your loved one.*

### Friday, August 17

12 to 2:30 p.m.

Civic Works – Clifton Mansion  
2701 St. Lo Drive, Baltimore, MD 21213

### RSVP by August 10 to

410-550-8018 or [tmarsh3@jhmi.edu](mailto:tmarsh3@jhmi.edu)\*

*\*Caregivers may bring one guest.*



# VOICE OF THE CAREGIVER: DEACON GLENN FINNEY



## Who do you care for?

I'm in the secondary position of caring for my mother. Since my niece is my mother's primary caregiver, I relieve my niece and her family twice a month. I also meet her at any physician appointments that she has outside of the Hopkins ElderPlus Program.

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

From the secondary position there aren't many challenges I have to encounter; fortunately my mother is still active, gets around reasonably well, and her cognitive processing is good.

## How do you take time for yourself?

I stay busy with my duty as chairman/director of ministry support at Mt. Pleasant Church and Ministries.

## What services did you find to be supportive?

My mother is very active in Hopkins ElderPlus. She enjoys the social activities and receives all of her medical care there. Also, Called to Care's respite care volunteer program has been valuable. The training I received is helping me provide regular respite care for my niece, as well as assisting caregivers in my congregation.

## What advice would you give to other caregivers?

- Exercise patience.** Know that this is a delicate stage of life and we should be sensitive to it for at least merely knowing that we're heading in that same direction.
- Research resources to assist you with your aging relative.** If you have other siblings, engage them in healthy conversation about sharing some of the duties.
- Schedule time for you.** Get out, become social, exercise if you're able and meditate.

## HIGH-TECH CAREGIVING



According to AARP's 2016 research report, "Caregivers and Technology: What They Want and Need," 71 percent of caregivers are interested in technology, but only seven percent are currently using it to assist with their caregiving duties.

Consider how technology can help make tasks easier and less time-consuming for both you and your loved one. It can help you care for yourself, prioritize your life and connect caregivers to loved ones.

- **Organization and communication tools:** CareZone, Caring Village, Lotsa Helping Hands
- **Fitness activity trackers** (to monitor diet and exercise): MyFitnessPal, FitBit
- **Video chat** (to increase socialization or virtually attend medical appointments): Facebook Messenger, FaceTime, Skype
- **Johns Hopkins apps:** [hopkinsmedicine.org/apps/categories/patients-caregivers](http://hopkinsmedicine.org/apps/categories/patients-caregivers)

For more information about AARP's report, visit [aarp.org/caregivertech](http://aarp.org/caregivertech).