

Caregiver Connection

Called to
CARE

A program of Johns Hopkins Bayview Medical Center

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

January/February 2018

Caregiver Cafés

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

Jan. 18 & Feb. 15, 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

Jan. 31 & Feb. 28, from 4 to 5 p.m.

Johns Hopkins Bayview
5th floor waiting room, FSK Pavilion

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

Lunch & Learn: Prepare to Care

Learn about AARP's extensive resources, tools and networks for family caregivers. Lunch will be provided.

February 8, 12 to 1 p.m.

Knott Conference Center
Johns Hopkins Bayview Medical Center

Info./Register: 410-550-1660

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Phone: 410-550-8018

Web: hopkinsmedicine.org/jhbmcc/c2c

Community Partner Spotlight: Action in Maturity



The mission of Action in Maturity (AIM) is to provide activities and services to benefit the personal development and quality of life of older adults, as well as to support their ability to live independently within the community for as long as possible. AIM's unique

model—a senior center without walls—is built on strong partnerships with other organizations to offer a broad range of engaging activities and services including:

- Transportation by request (*for a modest fee*)
- Free grocery shuttle (*Southwest and East Baltimore*)
- Educational workshops
- Recreational activities and day trips to museums, restaurants, shopping, and casinos
- Health education and screenings
- Special events and monthly festive lunches

To learn more about AIM's supportive programs and the benefits of becoming a member, call **410-889-7915** or email aim@actioninmaturity.org.

Cargiving 101: Family Caregiver Education

A **free**, 7-week course for those caring for a loved one or friend

March 6 – April 17 (every Tuesday)

12 to 2 p.m.

Johns Hopkins Bayview Medical Center

Topics include:

- What it Means to be a Caregiver
- Taking Care of Yourself
- Building Cooperative Relationships
- Long-Term Care Planning
- Preventing and Solving Problems
- Accessing and Developing Resources
- Home Safety and Fall Prevention

To register, call **410-550-1118**. Space is limited, so call today!

Voice of the Caregiver: Jenell Pointer-Steele, RN



Jenell with her husband, Christian, at a Baltimore Ravens game

When **Jenell Pointer-Steele's** husband, Chief Warrant Officer Three **Christian Steele**, USA, Retired, returned from Afghanistan with combat-related injuries, neither realized the impact it would have on their lives or their relationship. Jenell, a nurse at Johns Hopkins Bayview, was used to caring for patients; however, the care she would need to provide to her husband was what she called “uncharted territory.”

“Yes, I’m a nurse, but I had to learn to do things that I don’t do on a regular basis,” she says.

The medical tasks were easy—administering nutrition through an IV, and providing wound and ostomy care. The hardest part was navigating the medical benefits her husband was entitled to as a veteran and communicating with his various teams of doctors.

“It’s frustrating, because you’re doing the best you can to provide the care your loved one needs,” she says. “And sometimes you’re doing it with limited resources.”

Finding Support

Just when she was stressed to the max, Jenell learned about a special lunch and learn for caregivers. Sponsored by Called to Care, the event focused on managing the challenges of caregiving. Not only did Jenell learn about the importance of self-care, but she also connected with other Johns Hopkins Bayview employees who serve as caregivers for family members or friends.

“You never know what people are dealing with at home,” she says. “It was nice to be meet other people who understand what I’m going through and can offer advice based on their experiences.”

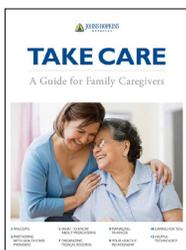
Not long after the lunch and learn, Jenell became active with Called to Care and took advantage of its offerings. She joined the Caregivers Steering Committee, a group of employees who provide support to one another and offer guidance on programs that may be beneficial to family caregivers. She also attended several Caregiver Cafes, where she learned about the resources available to both her and her husband—especially those offered by the Department of Veteran Affairs (VA).

“I am so grateful for Called to Care,” says Jenell. “Not only has it helped me become a better caregiver, but it’s also taught me the importance of asking for help and taking time for myself.”

She adds that what impressed her most about the program was being able to sit down with a representative from an agency or organization and ask for help. “In the age of computer automation and talking to a ‘robot,’ it’s nice to have face time with someone who can give you the information you need right away or at least point you in the right direction,” she says.

To learn more about Called to Care, visit hopkinsmedicine.org/jhbmc/c2c or call 410-550-8018.

Take Care: A Guide for Family Caregivers



Caring for someone affected by chronic or long-term health issues can be deeply rewarding—but it also means you have a lot on your plate. *Take Care: A Guide for Family Caregivers* was developed by Johns Hopkins Medicine faculty to help you get organized and manage the challenging logistics of caregiving.

To request your complimentary copy, visit hopkinsmedicine.org/health/healthy_aging/download_caregivers_guide or call 410-550-1660.