

# Caregiver Connection

*Called to*  
**CARE**<sup>®</sup>  
*A program of Johns Hopkins Bayview Medical Center*

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

July/August 2017

## Caregiver Cafés

Drop in to enjoy a snack, chat with fellow caregivers, and learn about health and community resources that can help you take care of yourself and the ones you love

**July 20, from 2 to 3:30 p.m.**

The Soul Center at Beth El Congregation  
8101 Park Heights Avenue, Pikesville, Maryland

**Info./Register:** rachels@bethelbal.com or  
410-484-0411 ext. 1103

**July 21, from noon to 1:15 p.m.**

Zeta Center for Healthy and Active Aging  
4501 Reisterstown Road, Baltimore, Maryland

**July 26 & August 30, from 4 to 5:30 p.m.**

Johns Hopkins Bayview  
5th floor waiting room, FSK Pavilion  
4940 Eastern Avenue, Baltimore, Maryland



## Caregiver Picnic, August 18

**Noon to 2:30 p.m. at Patterson Park**

27 S. Patterson Park Avenue, Baltimore, Maryland

RSVP by August 14. For more information or to RSVP, please call 410-550-8018.

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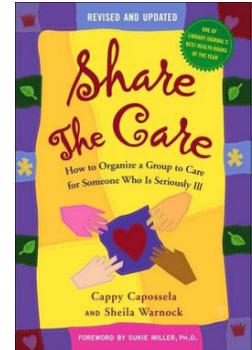
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**Phone:** 410-550-8018

**Web:** hopkinsmedicine.org/jhbmcc/c2c

## Community Partner Spotlight: ShareTheCaregiving, Inc.

The most important thing to do when you feel alone and overwhelmed is realize it's okay to ask for help. Create a "caregiving family"—people close to you who are willing to pool their time, skills, talents and love to offer ongoing support and to help you with caregiving tasks and responsibilities. Your caregiving family may consist of extended family members, friends, neighbors, coworkers or faith community members.



The mission of ShareTheCaregiving, Inc. is to improve the quality of life for anyone who needs support and to reduce the stress, depression, isolation and economic hardship of their caregivers. With the goal of making the creation of a "caregiving family" easy to replicate, Share The Care™ provides a proven model with a step-by-step guide and tools.

You will learn how to:

- Define a caregiver group and who needs one
- Start your group and make it run
- Be part of a group and share the jobs
- Keep the group going
- Go beyond the group to help change lives

From caregivers and concerned friends to corporations and faith congregations, ShareTheCaregiving, Inc. has lots of helpful resources and guidance. For more, visit [sharethecare.com](http://sharethecare.com).

## Family Caregiving Journey: You Are Not Alone

More than 70 caregivers, health professionals and community members came together on May 17, 2017, for a special caregiver workshop at Johns Hopkins Bayview. Inspired by two exceptional guest presenters, Rev. Gregory Johnson, senior advisor for family caregiving at EmblemHealth, and Sheila Warnock, founder and president of ShareTheCaregiving, Inc., and co-author of Share The Care™, it was a morning of sharing, learning, laughter and camaraderie.

## Voice of the Caregiver: Maxine Chen Shelton



### Who are you caring for?

I spend most of my time caring for my 88-year-old mother. She continues to live independently and is able to drive, but I help her with her business affairs and oversee her health. I also care for my god-daughter, Trina, a stage-IV colorectal cancer survivor. I've assisted her through her five-year cancer journey and continue to assist as she receives palliative chemotherapy. In addition, I am the lead servant for the congregational care ministry at my church, where I interact with our sick and home-bound church members through various levels of care.

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

My biggest challenge is encouraging my mother to trust her doctors. She has had four primary care doctors in the last seven years. If a medical professional tells her something that she disagrees with, she decides not to return. She fails to realize that these professionals are very capable of caring for her.

### How do you take time for yourself?

When I want to be alone, I read, write, take photos, go to the gym or try cooking something new. With friends, I'll go to the theater, bowl, have lunch or take a day trip. Sometimes I'm selfish, but in a "good" way. I keep two days a week open just for me. I also don't share my weekly schedule, which has proven to help me stay in control of my life.

### What Called to Care services have you found to be supportive?

I'm impressed with the numerous, comprehensive outreach programs available to caregivers. The Called to Care staff have been instrumental in helping me find services I need, such as legal aid and senior home repair. The workshops also have afforded me opportunities to learn and to network with other caregivers.

### What advice would you give to other caregivers?

Stay balanced—physically, emotionally and spiritually. Do what you do out of love. Set boundaries for yourself and the receiver of your care. You *can* say no if necessary. Try to stay present and, most importantly, try not to lose yourself as you care for someone. Live your life to the fullest as you care for others.

## Time for You: Stay Connected

Caregiver Action Network (CAN), the nation's leading family caregiver organization, works to improve the quality of life for the more than 90 million Americans who care for loved ones with chronic conditions, disabilities, disease or the frailties of old age.

The organization's Caregiver Community Action Network (CCAN), a dedicated group of over 100, volunteers in more than 40 states. These volunteers reach out to family caregivers in their area to provide education and support. They also teach caregivers to be advocates for themselves and their loved ones.

### How To Become A Member

To become a member of the Caregiver Action Network, visit [caregiveraction.org](http://caregiveraction.org). Joining is free and allows you to take advantage of great benefits, including access to a CCAN volunteer.

