

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 2017

Caregiver Cafés

Drop in to chat with fellow caregivers, meet health care providers and learn about community resources.

Nov. 16, from 11:30 a.m. to 1:30 p.m.

Z-HAP at the Langston Hughes Community Center
5011 Arbutus Avenue, Baltimore, MD

Nov. 29 & Dec. 27, from 4 to 5 p.m.

Johns Hopkins Bayview
5th floor waiting room, FSK Pavilion

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

Nov. 16 & Dec. 21, 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

Lunch & Learn

Supportive Services for Veterans— Caregivers and Care Recipients

Learn about the VA Medical Center's caregiver support program, benefits and services for caregivers of veterans. Lunch will be provided.

November 9, 12 to 1 p.m.

Knott Conference Center
Johns Hopkins Bayview Medical Center

Info./Register: 410-550-1660

Community Event

Alzheimer's Association's 13th Annual Pythias A. and Virginia I. Jones African American Community Forum on Memory Loss

November 4, 8 a.m. to 2:30 p.m.

Coppin State University, Talon Center
2500 W. North Ave., Baltimore, MD

Info./Register: 410-561-9099 or alz.org

National Family Caregivers Month

Caregiving Around the Clock

Caregiving can be a 24-hours a day/7-days a week job. Providing care around the clock can crowd out other important areas of life. And you never know when you will need to rush to the hospital or leave work at the drop of a hat.

We recognize the challenges you may face when your loved one needs "Caregiving Around the Clock." Remember, you are not alone on this journey—we are here to help!

For more information about our community partners, supportive services and educational programs, call **410-550-8018** or visit hopkinsmedicine.org/jhbmc/c2c.

Community Partner Spotlight:

PRO BONO
COUNSELING
PROJECT

The Pro Bono Counseling Project (PBCP) ensures that individuals with limited resources who need mental health care are linked with licensed mental health professionals at no cost. More than 650 licensed and insured clinical social workers, psychologists, professional counselors, psychiatrists and nurse psychotherapists have agreed to take at least one voluntary case each year from PBCP. For most cases, there is no limit to the number of sessions. Therapists do their best to help individuals and families reach their goals.

PBCP will make every effort to accommodate varying work schedules, transportation and language needs. Therapists are located in individual offices throughout Maryland and there is never a wait list.

If you're a caregiver, you may benefit from PBCP's Caring for the Caregiver program. Therapists offer counseling for individuals who are the informal caregivers of someone diagnosed with a serious illness.

For more information or to see if you qualify for these services, call **410-825-1001** or visit probonocounseling.org.

Voice of the Caregiver: Barbara Purnell



Who are you caring for?

I am caring for my father (85), mother (89) and sister.

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

I find it challenging to care for three people. Fortunately, my mother and sister are able to care for themselves in most respects, and also are able to help care for my father. I am the only driver in the house, so some weeks I spend a lot of time going to doctor appointments.

Dad's dementia has also been a challenge not only for him, but for the rest of the family. We can't leave him in the house alone and getting a "sitter" isn't always easy.

How do you take time for yourself?

I have had my brother come in to town so that I can go camping for a few days with friends. I also try to stay in touch with my close friends.

What services have you found to be supportive?

I have had a very good experience with Sisters Together and Reaching (STAR). Kenya Ferguson has been helping me find appropriate help for my dad. Currently, a care tech assists him with showering, cleans and provides a few hours of respite care.

What advice would you give to other caregivers?

Seek out support. It's amazing how many people I have met that are in a similar situation. Having others to share feelings and helpful suggestions with is wonderful.

Time for You: Tips for Caregivers During the Holidays

- **Keep self-care at the top of the list.** Make time for exercise; it can boost your mood. Even something as simple as walking in a shopping mall, dancing to holiday music, or stretching or doing jumping jacks while watching holiday movies can help. Try yoga, meditation or tai chi to reduce stress and help you sleep better.
- **Ask for help.** Now is the time to seek help with both your caregiving responsibilities and your holiday preparations or personal matters. Family members, neighbors, members of your faith congregation or even hiring someone to assist for a few hours can be a huge relief. You can also take advantage of adult day care centers or respite care programs that can free you up for holiday activities.
- **Educate yourself.** Start the New Year by getting together with other caregivers and health care professionals to discuss common issues and share ideas about caregiving. Caregiving 101: Family Caregiver Education is a free, 7-week course offered at Johns Hopkins Bayview that focuses on common caregiving topics. Class is held every Tuesday, January 2 through February 13, from 12 to 2 p.m. Space is limited. To register, call **410-550-1118** or email **kmonson1@jhmi.edu**.



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