

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 2019

Caregiver Cafés

Jan. 17 & Feb. 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

Feb. 27, from 1 to 2 p.m.

Andres Conference Room, Burton Pavilion
Johns Hopkins Bayview campus
5505 Hopkins Bayview Circle, Baltimore, MD

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

Upcoming Events

Addiction: We Should All Understand and Help

Dr. Michael Fingerhood will talk about the stigma of addiction and how we, as a society, can help. Parking and light refreshments provided.

January 24, from 4 to 5:30 p.m.

Grossi Auditorium, Asthma & Allergy Center
Johns Hopkins Bayview campus
5501 Hopkins Bayview Circle, Baltimore, MD

Register by Jan. 16: 410-550-1118

When a Loved One Needs Care—What You Should Know About Long-Term Care Facilities

Learn about what to look for in an assisted living facility, how to advocate for quality care and where to find assistance in addressing your concerns. Lunch is provided.

February 14, from 12 to 1 p.m.

Knott Conference Center
Johns Hopkins Bayview campus
4940 Eastern Ave., Baltimore, MD

Register by Feb. 11: 410-550-1660



Caregiver Cafés

Caregivers Caring and Sharing With Each Other

As a family caregiver, you play an amazing and critical role in the life of your loved one. We recognize that it can feel overwhelming, stressful and isolating, which is why we are here for you.

One of the most popular ways in which Called to Care offers support is through its Caregiver Cafés. Held at a number of locations, these “pop-up” programs connect caregivers with others who are experiencing similar challenges; offer a warm environment to have casual conversation; and provide attendees with an opportunity to talk with a health care provider.

Called to Care will continue to offer Caregiver Cafés in 2019; however, the format will transition from information session to support group. Previously, the cafés centered around our community partners and the resources they have to offer. While we will still offer information that may benefit you, it will no longer be the focus of the cafés.

The “new” Caregiver Cafés will center around your physical and emotional well-being, and give you an opportunity to share stories and problem-solving strategies with other caregivers. While conversations will be informal, they will be led by the Called to Care team, chaplains and health care providers. We invite you to join us whenever your schedule allows.

For a complete list of upcoming cafés and other events, visit hopkinsmedicine.org/jhbmc/c2c.

SOCIAL ISOLATION AS A MAJOR HEALTH CONCERN



It is estimated that approximately eight million older adults in the United States are socially isolated – a number that is projected to grow significantly in coming years. Gerontologists and geriatricians studying the effects of social isolation have found that it can have a substantial impact on both mental and physical health. While it probably is not surprising that isolated individuals have higher rates of depression, you may be surprised to learn that social isolation also has a significant impact on physical health. In fact, studies show that social isolation increases the risk of mortality, and that this risk is as great as many risk factors that are widely recognized as public health concerns, including smoking, obesity and physical inactivity. Given this evidence, it is important for all of us to seek opportunities to build and strengthen social connections with and among older adults.

Strategies for Staying Well

- Give affection. There's nothing like a hug.
- Encourage dining with others. Share a meal whenever possible.
- Give extra support to seniors who have lost a family member, friend or spouse. Provide extra emotional and social support to recent mourners while they are grieving.
- Participate in activities that make you feel renewed, such as walking, singing and volunteering.

COMMUNITY PARTNER SPOTLIGHT

Are you or your loved one in need of legal assistance? Maryland Legal Aid and Maryland Volunteer Lawyers Service are two valuable non-profit organizations that may be able to help.



**MARYLAND
LEGAL AID**

Maryland Legal Aid (MLA) provides civil legal services to low-income residents of Baltimore, including legal advice, counsel, representation and community education programs. MLA is dedicated to ensuring clients and caregivers have access to income, medical care, housing and employment. Cases include medical assistance, long-term care, disability, housing, family, and employment law. MLA also offers a senior legal helpline, lawyers in the library and expungement clinics. For more information, visit mdlab.org/get-help-services or call 866-635-2948.



Maryland Volunteer Lawyers Service (MVLS) provides civil legal services to Marylanders with limited income at low or no cost. To qualify for services, your gross household income (money earned before anything is taken out for taxes or other deductions) may not exceed 50 percent of the Maryland median income. MVLS offers legal assistance with housing, estate planning, consumer issues, expungement and other services. For more information, visit mvlslaw.org or call 410- 547-6537.

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