

Caregiver Connection

Called to CARE[®]

A program of Johns Hopkins Bayview Medical Center

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

March/April 2019

Caregiver Cafés

Mar. 21 & Apr. 18, from 2 to 3:30 p.m.

The Soul Center at Beth El Congregation
8101 Park Heights Ave., Pikesville, MD 21208

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

Mar. 27 & Apr. 24, from 1 to 2 p.m.

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

Info.: 410-550-8018 (*no registration is required*)

Apr. 18, from 2 to 4 p.m.

The Fleming Senior Center
641 Main Street, Baltimore, MD 21222

Info.: 410-550-1660 or 410-887-7725

Upcoming Events

Club Memory

A stigma-free social club for people with early-stage dementia and their caregivers

Mar. 5 & Apr. 2, 2 to 4 p.m.

Medicine Education Center
Johns Hopkins Bayview Medical Center

Info./Register: anelso18@jhmi.edu

Alzheimer's Association Annual Spring Dementia Conference

April 12, 8 a.m to 3:30 p.m.

Baltimore Sheraton North Hotel
903 Dulaney Valley Rd., Towson, MD

Info./Register: 410-561-1337 or
alz.org/maryland/helping_you/conferences



A Message From the Called to Care Team

Even though we may not be in touch every day, we think of you often. Remember, just as you are there to care for your loved one, we are here to care for you.

Please feel free to reach out if you need any help with managing your role as a family caregiver, navigating difficult circumstances or accessing resources that may benefit you or your loved one. We are happy to help you.

Just give us a call at **410-550-8018**, Monday through Friday, 8:30 a.m. to 5 p.m.

—Tammy, Linda, Dan & Kimberly



7 Best Practices for Self-Care

- 1. Say “yes” when someone offers support.** Don't be shy about accepting help.
- 2. Be willing to give up some control.** People will be less likely to help if you micromanage, give orders, or insist on doing things your way.
- 3. Make yourself laugh.** Laughter is an excellent antidote to stress.
- 4. Get out of the house.** Walk around the park or browse through a bookstore to get a change of scenery.
- 5. Exercise.** Aim for a minimum of 30 minutes a day as a stress reliever and mood enhancer.
- 6. Be still and rest.** Refuel with short naps.
- 7. Eat well.** Nourish your body with fresh fruits, veggies, whole grains, beans and healthy fats such as nuts.

COMMUNITY PARTNER SPOTLIGHT



Meals on Wheels of Central Maryland enables people to live independently at home through the provision of nutritious meals, personal contact and related services.

Meals on Wheels was founded in 1960 with service to 10 homebound clients and a handful of volunteers. Today, it has grown to serve over 1,600 people each day, touching nearly 3,000 individuals throughout the year, and delivering over 1 million meals to seniors in need. Meals on Wheels is “more than a meal.” They provide social support and safety-net services to help sustain optimum health, maintain economic stability and improve overall quality of life.

As a family caregiver, you and your loved one may benefit from some of Meals on Wheels’ extensive services:

- Companion visits
- Hot, nutritious, home-delivered meals with daily delivery, including kosher meals, no pork and texture-modified
- Frozen, nutritious, home-delivered meals with weekly and bi-weekly delivery
- Grocery shopping assistance
- Health, safety and wellness checks
- Individual case management, benefits support and service linkages
- Kibble Connection pet food delivery
- Nutritional assessment and education

To learn more, visit mealsonwheelsmd.org or call **410-558-0827**.

LOCAL SUPPORT FOR CAREGIVERS



The National Family Caregiver Support Program provides grants to fund services that help family and informal caregivers care for older adults in their homes for as long as possible. Throughout the State of Maryland, caregivers can readily access programs that offer:

- information about available services and supports
- assistance with accessing services
- counseling, training, and support groups
- respite to provide temporary relief from caregiving duties
- supplemental services to address caregiver-specific needs

To learn more about the services in your area, call your local Department of Aging.

- **Anne Arundel County** – Department of Aging & Disabilities, **410-222-4257** or aacounty.org/aging
- **Baltimore City** – Health Department, Aging & CARE Services, **410-396-1337** or health.baltimorecity.gov
- **Baltimore County** – Department of Aging Caregivers Program, **410-887-4724** or baltimorecountymd.gov/Agencies/aging/caregivers
- **Howard County** – Office on Aging and Independence, **410-313-5955** or howardcountymd.gov/caregiver

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