

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 2020

Caregiver Cafés

Mar. 19 & Apr. 16, 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. 25 & Apr. 29, from 11:30 a.m. to 1 p.m.

Schmidt Conference Room
Alpha Commons Building, 4th floor
Johns Hopkins Bayview campus
5300 Alpha Commons Dr., Baltimore, MD 21224

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

Apr. 6, from 10 to 11:30 a.m.

Victory Villa Senior Center
403 Compass Road, Middle River, MD 21220

Info.: 410-550-8018 or 410-887-0235

Community Events

Mar. 28 – Baltimore County Family Caregivers Conference

9 a.m. to 3 p.m.

Ateaze Senior Center
7401 Holabird Ave., Dundalk, MD 21222

Cost: Free

Info./Register: 410-887-4724

Apr. 17 – Alzheimer’s Association Annual Spring Dementia Conference

8 a.m. to 3:30 p.m.

Baltimore Sheraton North
903 Dulaney Valley Rd., Towson, MD 21204

Cost: \$35

Info./Register: 410-561-1337 or 800-272-3900

Community Partner Spotlight: Gilchrist



Gilchrist provides quality compassionate care, counseling and support to people at every stage of serious

illness, so they may live life to the fullest. A nationally recognized, nonprofit leader in serious illness and end-of-life care, Gilchrist is deeply committed to giving people the loving support and clear information they need to make informed choices about their care.

Whether your loved one has just received a serious or life-limiting diagnosis, or is currently under their care, Gilchrist offers extensive counseling and support services to meet your needs. Counselors are available to provide emotional support before and after a loss through one-on-one grief counseling, support groups and remembrance events. Trained volunteers provide additional support through assistance with errands, companionship and respite for families. If you are not sure what services you need, care navigators are available to answer your questions and connect you to resources that can help.

To learn more, call 888-823-8880 or visit gilchristcares.org.



Spring into Caregiving

Recommendations from
the Gilchrist Team

- **Reach out and build your social circle.** Join a support group or establish a weekly get together for lunch.
- **Focus on your mind-body connection.** Take 10 minutes each day to do deep breathing.
- **Get a good night’s sleep.** Avoid caffeine and nicotine after 12 p.m., and try to go to bed at the same time every night.
- **Get moving.** Take a 20-minute walk or try a few yoga poses in a chair.

VOICE OF THE CAREGIVER: LEE CRUST & CAROL SUIT

Sisters **Carol Suit** and **Lee Crust** serve as caregivers for their husbands. Last fall, Carol read a newspaper article about the Caregiver Cafés offered at Johns Hopkins Bayview and thought it might be helpful; however, she didn't know what to expect. Wanting to be supportive, Lee offered to go with Carol – and they've been regulars ever since.

Sister Act

Carol has been married 35 years and acknowledges that each day presents different challenges as she cares for her husband. To relax, she connects with friends and family on Facebook; gets her hair and nails done; and spends time with her grandkids. Carol and her husband also have a close group of friends who get together regularly.

Lee acknowledges that it has been rough for her husband, but they are doing everything they can to slow down the progression of his disease. They stay physically active by attending an aerobics class every day, getting together with friends and volunteering on environmental projects.

Advice for Others

Carol and Lee admit that caregiving isn't the easiest job. They offer the following advice to others who are caring for loved ones.

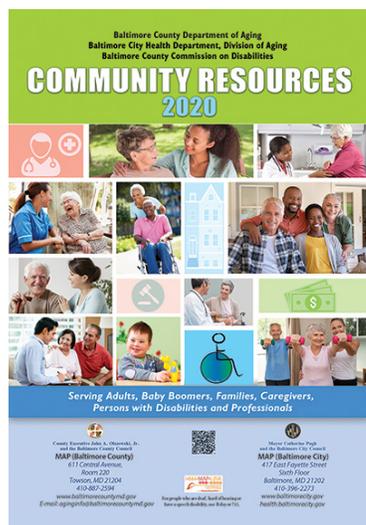
“Cherish what you're still able to do,” says Lee.

“Keep your spirits up,” says Carol.



Sisters Lee Crust and Carol Suit

COMPREHENSIVE GUIDE FOR CAREGIVERS



Community Resources 2020 is an annual directory developed and published by the Baltimore County Department of Aging (BCDA). Baltimore County Department of Aging has partnered with the Baltimore County Department of Planning/Commission on Disabilities as well as Baltimore City to create one regional resource directory for Baltimore residents.

Community Resources 2020 contains the most vital and current information to support older adults, Baby Boomers, caregivers, families, individuals with disabilities and professionals. The newly revised directory includes diverse categories, such as adult day services, financial resources, fitness centers, home health services, home modifications, nutrition services, transportation services and more.

Pick up your complimentary copy at Baltimore City and County senior centers, libraries, health centers, senior housing and other locations. It also is available online at baltimorecountymd.gov/communityresources.

To request a hard copy, call Maryland Access Point (MAP) in Baltimore County at **410-887-2594** or Baltimore City at **410-396-2273**

Caregiver Connection is published 6 times a year by Johns Hopkins Bayview's Called to Care program. **W. Daniel Hale, Ph.D.**, director, Healthy Community Partnership; **Meghan Rossbach**, editor and designer; **Linda Stewart**, contributor.

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