

# 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

November/December 2019

## Caregiver Cafés

**Nov. 21 & Dec. 19, 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](mailto:rachels@bethelbalto.com) or  
410-484-0411, ext. 1103

**Dec. 18, from 10 to 11:30 a.m.**

*Join us for a special holiday café.*

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*)

## Community Events

**Nov. 2: Pythias A. and Virginia I. Jones African-American Community Forum on Memory Loss**

8 a.m. to 3 p.m.

New Psalmist Baptist Church  
6020 Marian Dr., Baltimore, MD 21215

**Info./Register:** 800-272-3900 or [alz.org/maryland](http://alz.org/maryland)

**Dec. 13: Care-Partner Stories**

*There is a health benefit to storytelling. Connect with other care-partners through published writing and spoken stories of caregiving life.*

1 to 2 p.m.

Wise & Well Center for Healthy Living at Keswick  
700 W. 40th St., Baltimore, MD 21211

**Info.:** 410-662-4363

*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.

**Phone:** 410-550-8018

**Web:** [hopkinsmedicine.org/jhbmc/c2c](http://hopkinsmedicine.org/jhbmc/c2c)

## The Joy of Caregiving: A Celebration for Family Caregivers

November is National Family Caregivers Month. In honor of this month, we invite you to a special event to celebrate all that you do to care for your family members or friends.

**Thursday, November 14**

11:45 a.m.

Asthma & Allergy Center

Johns Hopkins Bayview campus

5501 Hopkins Bayview Circle, Baltimore, MD 21224



Keynote speaker **Loretta Veney** (*pictured at left with her mom, Doris*) is a motivational teacher and trainer who has delivered speeches and presentations on dementia and caregiving throughout the U.S. and Europe. She and her mom, Doris – who was diagnosed with Alzheimer's Disease in 2006 – have been featured in articles in the *Washington Post*, *New York Times*, *AARP* and a PBS special featuring Alzheimer's caregivers.

This event is free and open to the public. Please register by October 30 to **410-550-8018**. Lunch will be provided.

## Family Caregiver Toolbox

Caring for yourself is one of the most important – and one of the most often forgotten – things you can do as a caregiver. When your needs are taken care of, then the person you are caring for will benefit, too. In other words, the care you give to yourself is the care you give to your loved ones.

Explore our Family Caregiver Toolbox to learn how to manage caregiver stress and take better care of yourself.

Visit [hopkinsmedicine.org/jhbmc/c2c/toolbox](http://hopkinsmedicine.org/jhbmc/c2c/toolbox).



# HOW TO KEEP FROM GETTING CAREGIVER BURNOUT THIS HOLIDAY SEASON

Life can be challenging for caregivers during the best of times, but the holidays can be especially taxing. It's not uncommon for many to experience burnout this time of year. But there are three key tips that can help get you through this season with reduced stress and renewed positivity.

## *Keep Your Routine*

One of the biggest stressors this time of year is adjusting to sudden changes to your routine. Between gatherings, shopping and other community events, it can be easy to overschedule yourself. Give yourself the right to say “no” to an event if you're getting overwhelmed.

## *Start New Traditions*

No doubt you've had to adjust to a “new normal” when you first took on your role as a caretaker. Instead of focusing on the traditions that were lost during this time, spend your energy creating new ones. This could even be a bonding time between you and your loved one as you make new rituals that accommodate both of you.

## *Focus On What You Can Control*

While we encourage you to say “no” when you feel overwhelmed, sometimes this can make you feel as if you're losing control. This is especially true if your loved one had a sudden flare-up or an incident that made it impossible to attend an event you were looking forward to.

Although you can't control how your loved one's condition is affecting both of your lives, you can control your attitude. Choosing to have a positive outlook can improve your mood and energy, which can translate to being able to do more during the holidays.

Remember to take a step back and allow some self-care during this hectic time of year. As it's often said, to take care of others, we must first take care of ourselves. Should you feel a helping hand is needed, private duty services such as those offered by **Johns Hopkins Home Support**, could be the solution to maintaining the health of you and your loved one.



*Source:* [welcomehome.blogs.hopkinsmedicine.org](https://welcomehome.blogs.hopkinsmedicine.org)

## RESEARCH SHOWS

### **Breaks Benefit Caregivers and Loved Ones**

“Making sure to take some time off is crucial for caregivers – it helps maintain their health and provides an emotional break so that they can continue taking wonderful care of their loved ones,” says **Quincy Samus, Ph.D.**, director of Translational Aging Services Core.

**Better blood pressure.** Getting away to do something pleasant was shown to reduce blood pressure in one caregiver study. That's especially notable because caregivers may be at risk for high blood pressure.

**Less depression.** Making time for exercise, time with friends, breathing exercises or whatever works for you could lower your risk.

**Reduced stress.** Taking advantage of local adult daycare programs for your loved one can give you a stress-soothing break and help a family member with dementia sleep better at night too.