



Winter 2018

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CAREGIVING ORGANIZATIONS DOING GOOD WORK:



The National Alliance for Caregiving

The **National Alliance for Caregiving** is a leader in conducting policy analysis and tracking legislation dealing with family caregiving issues – initiatives that focus on family caregivers or affect the care recipient in a way that would also affect the family caregiver.

Established in 1996, the National Alliance for Caregiving is a non-profit coalition of national organizations focused on improving the lives of family caregivers. Alliance members include grassroots organizations, professional associations, service organizations, disease-specific organizations, government agencies, and corporations.

The Alliance was created to: foster research, conduct policy analysis, develop national programs, increase public awareness of family caregiving issues, strengthen state and local caregiving coalitions, and represent the U.S. caregiving community throughout the world.

Our Mission

Recognizing that family caregivers provide important societal and financial contributions toward maintaining the well-being of those they care for, the Alliance is dedicated to improving quality of life for families and their care recipients through research, innovation, and advocacy.

Retrieved from: <http://www.caregiving.org>

THE LIFE OF A CAREGIVER:

Queen Latifah: A Caregiver, Too

by Amy Goyer, AARP



Queen Latifah is an award-winning actress, rapper, singer, songwriter and television producer — as well as a family caregiver. I met with her recently to talk about caregiving and her work with the American Heart Association's new Red Steps Challenge to "rise above" heart failure, which afflicts some 6 million Americans.

It didn't feel like a typical celebrity interview because we discussed something important we have in common: We are both caregiving daughters. Our mothers live or have lived with heart failure — mine for 24 years until she passed away from other causes, and Latifah's mom, Rita Owens, having the chronic condition for many years.

The star's caregiving role came on suddenly about 12 years ago, after her mother, then working as a high school teacher in New Jersey, passed out at school one day and was rushed to the hospital. After many tests, Owens was diagnosed with heart failure — shocking to hear, but her heart improved as she got the care and support she needed.

She now manages the condition with medication and a defibrillator implanted in her chest, while maintaining a healthy, veggie-heavy diet. (Owens also battles scleroderma, an autoimmune disease that affects her breathing.)

Like many caregivers, Latifah is a busy working woman who travels a lot. She insisted that Owens move to Los Angeles with her so she could better manage her mom's care when she was doing a television show there. Now her mom is feeling better and has moved back to her home in New Jersey.

Latifah visits her frequently and remains very involved in her care, even from a distance. As she puts it, "I just start the day with mom and how's she doing: 'Do you need anything? What's going on?' "

She also leads a team of family members, close friends and health care providers who support her mom — a role that's earned her the title "the general."

She finds the label amusing, she says, because she's not usually the commanding type: "I'm not tough in that sense, but you do have to become stronger."

Latifah's eyes sparkle, and she gets emotional when she talks about her mom. They are best friends, she says, and Owens inspires her because she is "so positive and strong, and I've seen her come through some really, really challenging moments. She never ceases to amaze me."

For Mother's Day this year, Latifah is planning a surprise for Owens "with my big celebrity friends who want to honor their mothers, as well."

What has Latifah learned from? She says it has made her much more conscientious about her own health. She and Owens are working to raise awareness about the signs and symptoms of heart failure and to encourage others to take heart-healthy steps through the Red Steps Challenge — symbolized by red socks.

At the end of our conversation, when I thank Latifah for sharing her journey, her warm response touches my heart: "Thank you for everything you've done for your family and continue to be blessed, and keep blessing other people," she tells me. If you're a caregiver you know how much her words mean.

She may have said it to me, but it's her message to all of us — her fellow caregivers. Thanks for all you do.

Amy Goyer is AARP's family, caregiving and multigenerational issues expert; she spends most of her time in Phoenix, where she is caring for her 92-year-old dad, Robert, who lives with her and has Alzheimer's disease. She is the author of AARP's Juggling Life, Work and Caregiving. Follow Amy on Twitter @amygoyer, connect on Facebook and LinkedIn, and for ongoing caregiving support from Amy and AARP, text AMY to 97779.

Retrieved from:

<https://www.aarp.org/caregiving/stories/info-2017/queen-latifah-caregiver-ag.html>

CARING FOR THE CAREGIVER:

Mindfulness Exercises to Reduce Stress from the Inside Out



When you're done reading this paragraph, close your eyes and pay close attention to how it feels to breathe in and out. Focus on your inhale and your exhale for several moments. When you are ready, you can open your eyes and continue reading. Now, close your eyes and begin.

So, what happened? You just did your first mindfulness exercise. For a few moments, you focused on your present state of being rather than what you must do today or what's worrying you. Though briefly, you experienced a peaceful escape from stressful thoughts about the past or future. That's the beauty of mindfulness: it lets you enjoy the purity of a moment in life, right here, right now.

What is Mindfulness?

"Mindfulness means paying attention in a particular way: on purpose, in the present moment, and non-judgmentally." That definition comes from Jon Kabat-

Zinn who developed a form of meditation called mindfulness-based stress reduction (MBSR).

MBSR helps reverse what you might call getting stuck in "autopilot mode" where you go through your day without truly thinking about what you're doing. You may know the feeling all too well, especially when stressors like work, family activities and an aging loved ones' care needs demand your time and attention. Even during hectic schedules or trying circumstances, mindfulness can help you to act and think more intentionally to find peace and acceptance in your present moment.

Benefits of Mindfulness

According to MBSR participants at the Sarasota Mindfulness Institute, practicing MBSR enables you to:

- Understand why you feel the way you do
- Gain control of your emotions – both the positive and negative ones
- Retrain your mind to think and respond more positively
- Deal more effectively with anxiety associated with your current life events

Additional benefits of practicing MBSR regularly, according to sources in a Herald-Tribune article titled "Mind Your Moment," include:

- Dull or eliminate the sting of chronic pain, illness, anxiety, depression, low self-esteem, fatigue, sleep disturbances and more
- Boost your immunity
- Reduce stress
- Calm your mind and let go of unhealthy thoughts
- Increase rational understanding and compassion
- Feel good about yourself and extend those feelings to someone else
- Enhance your relationships

5 Steps to Mindfulness and Stress Reduction

Here are five simple steps to living more mindfully from mindful.org and meditation master Thich Nhat Hanh. You can start incorporating these exercises into your day, starting with just a few moments at a time, perhaps when you're stopped in traffic or waiting in line at the grocery store.

1. **Mindful Breathing**

Like the exercise described at the beginning of this article, mindful breathing simply involves focusing your attention on breathing in and out. When you do that, all the noise in your head will stop because you are focused on breathing.

2. **Concentration**

This exercise takes mindful breathing one step further as your attention follows the direction of your breath in and out, all the way through. Your mind stays on your breath, sustaining your awareness and cultivating concentration.

3. **Awareness of Your Body**

This step adds in awareness of your body, uniting mind and body to make them one reality. In our daily lives, we are seldom in this situation. Our body is there but our mind is elsewhere. When your mind is with your body, you are fully alive.

4. **Releasing Tension**

After becoming more aware of your body, you may notice areas of **stress** in your body. You can practice releasing that tension. Let these thoughts guide you: "Breathing in, I'm aware of my body. Breathing out, I release the tension in my body."

5. **Walking Meditation**

This step adds movement to the previous exercises. You are fully alive, fully present with body and mind together. With every step, you touch the wonders of life that are in you and around you.

Retrieved from

<https://www.caregiverstress.com/stress-management/family-caregiver-stress/reduce-stress/>

Breaking News:

Congress Passes RAISE Family Caregivers Act!

The act would require the development of a strategy to recognize and bolster family caregivers

by AARP, January 9, 2018

Congress passed the bipartisan RAISE Family Caregivers Act.

Across America, family caregivers help parents, spouses, children and adults with disabilities and other loved ones to live independently. They prepare meals, handle finances, manage medications, drive to doctors' appointments, help with bathing and dressing, perform complex medical tasks and more — all so loved ones can live at home.

These family caregivers have a big job, but some basic support — and commonsense solutions — can help make their big responsibilities a little bit easier.

The Recognize, Assist, Include, Support, and Engage (RAISE) Family Caregivers Act (S. 1028/H.R. 3759) would require the Secretary of Health and Human Services to develop, maintain and update a strategy to recognize and support family caregivers. The bill would bring representatives from the private and public sectors, such as family caregivers; older adults and persons with disabilities; veterans; providers of health care and long-term services and supports (LTSS); employers; state and local officials; and others together to advise and make recommendations regarding this new strategy. The advisory council meetings would be open to the public, and there would be opportunities for public input. The strategy would identify recommended actions that communities, providers, government, and others are taking and may take to recognize and support family caregivers, including with respect to:

- promoting greater adoption of person- and family-centered care in all health and LTSS settings, with the person and the family caregiver (as appropriate) at the center of care teams
- assessment and service planning (including care transitions and coordination) involving care recipients and family caregivers
- information, education, training supports, referral, and care coordination

- respite options
- financial security and workplace issues

The development of the initial strategy would take up to 18 months, followed by updates of the strategy biennially. The bill would improve the collection and sharing of information, including information related to evidence-based or promising practices and innovative models regarding family caregiving; better coordinate, assess, maximize the effectiveness, and avoid unnecessary duplication of existing federal government activities to recognize and support family caregivers. The strategy and work around it could help support and inform state and local efforts to support family caregivers.

Retrieved from:

<https://www.aarp.org/politics-society/advocacy/caregiving-advocacy/info-2015/raise-family-caregivers-act.html>

HEALTH AND WELLNESS CORNER:

Stepping Up Your Nutrition!

A NUTRITION WORKSHOP FOR
FALL PREVENTION

**STEPPING UP
YOUR NUTRITION**

DID YOU KNOW if you have two or more chronic conditions, you may be at risk for malnutrition? **MALNUTRITION** can cause muscle loss and dizziness, increasing your risk of falls!

DISCOVER AND LEARN

- WHY muscle matters
- HOW nutrition affects falls
- HOW to get enough protein and fluids
- WHAT you can do to eat better and improve your health

To register or for more information, contact:
JEANNIE DeCRAY
jdecray@howardcountymd.gov
410-313-6535 (VOICE/RELAY)

Howard County
MARYLAND ACCESS POINT
YOUR LINK TO HEALTH & SUPPORT SERVICES

Howard County Office on
Aging and Independence
Department of Community Resources and Services

If you need accommodations to participate or need this information in an alternate format, contact Maryland Access Point at 410-313-1234.

Stepping Up Your Nutrition is a 2.5-hour workshop that addresses the relationship of malnutrition (protein and fluid focus) potentially causing substantial loss of lean muscle mass, which then may contribute to an increased fall risk. During the 2.5-hour workshop, participants discover and learn:

- Why muscle matters
- How nutrition affects falls
- How to get enough protein and fluids
- What you can do to eat better and improve your health

The cost to participate is \$5.00

For more information, individuals can contact Jeannie DeCray at 410-313-6535 or jdecray@howardcountymd.gov

UPCOMING EVENTS:

Check-out our website at <https://www.howardcountymd.gov/caregiver>

Practical Skills for Caregivers: Thursdays April 19- May 17, 2018 (5:00 PM- 8:00 PM)

Taught by HCC nursing instructors and staff, this five week course will provide learners with helpful information to care for a loved one in the comfort and safety of their own home. This course will address day-to-day challenges for both the care recipient, as well as the caregiver.

\$195 (includes \$160.00 in fees) Course XH-599 7117 “Care Provider Training”

Register online at www.howardcc.edu

For additional information or questions, contact Kathy Wehr, Caregiver Support Program Manager at 410-313-5955 or email at kwehr@howardcountymd.gov

Powerful Tools for Caregivers Classes in 2018!

Are you a caregiver, or do you know someone who is?

This six-week series of 90-minute classes will offer caregivers opportunities to explore a variety of self-care tools in a supportive environment, designed to help you reduce stress, change negative self-talk, communicate more effectively, and make tough caregiving decisions.

(\$30 fee covers all materials)

Program Schedule:

March 7- April 11, 2018 (six consecutive Wednesdays)

5:30- 7:00 PM

April 17- May 22, 2018 (six consecutive Tuesdays)

6:00- 7:30 PM

September 11- October 16, 2018 (six consecutive Tuesdays)

6:00- 7:30 PM

October 11- November 15, 2018 (six consecutive Thursdays)

5:30- 7:00 PM

To register contact Kathy Wehr, Caregiver Support Program Manager at 410-313-5955 or email: kwehr@howardcountymd.gov

UPCOMING EVENTS:

Virtual Dementia Tours!

Do YOU know what living with dementia is really like?

Take a walk in their shoes with the Virtual Dementia Tour®



VIRTUAL DEMENTIA TOUR®
YOUR WINDOW INTO THEIR WORLD

This workshop, which offers a hands-on experience that simulates dementia, and includes a debriefing and educational segment, has been created to offer assistance and practical tools to help those who care for someone with dementia. The Virtual Dementia Tour® is a life-changing experience — a brief, yet powerful, journey — that will provide insight and empathy to help anyone understand the realities of life with this debilitating disease. The program is clinically proven, evidence-based, and a proven source of education resulting in better care for individuals.

LIMITED SPACES AVAILABLE
Schedule YOUR Personal Tour Today!

2018 SCHEDULE
TUESDAY, MARCH 13
WEDNESDAY, MAY 16
WEDNESDAY, SEPTEMBER 12
TUESDAY, NOVEMBER 13

ELLICOTT CITY 50+ CENTER
9401 Frederick Road, Ellicott City 21042
6:00 to 8:00 PM

 Howard County Office on
Aging and Independence
Department of Community Resources and Services

To register or for more information:
EMILY LECLERCQ
map@howardcountymd.gov
410-313-5917
(VOICE/RELAY)

If you need this information in an alternate format, contact Maryland Access Point at map@howardcountymd.gov or 410-313-1234. If you need accommodations to participate, contact the office at least one week in advance.

www.howardcountymd.gov/aging

The Virtual Dementia Tour made its debut at the Howard County Office on Aging and Independence 50+ Expo in October 2017. The tours have been facilitated several times with great success. Here are some of the testimonies received after the tours:

The staff was extremely knowledgeable about the topic of dementia. The best part of the program was the discussion after the simulation

I would recommend this for everyone who has a loved one with dementia

Very surprising program to experience in a good way.

I found the discussion period very enlightening. To be able to have our questions answered was very informational

An eye opener! Thank You!

Greatly appreciate your expertise and guidance with caregiving

(LIMITED SPACE IS AVAILABLE)



Ongoing Support Groups

Alzheimer's Support Group

Bain Center

5470 Ruth Keeton Way Columbia 21044

2nd Thursday of every month

6:30pm- 8:00pm

Contact Danilsa Marciniak @ 410-736-2217

Early-Stage Group for Care Partners and people with Memory Loss

Bain Center

5470 Ruth Keeton Way Columbia 21044

2nd Thursday of every month

***Pre-screening required**

Call: 1-800-272-3900

Caregiver Support Group

East Columbia 50+ Center

6600 Cradlerock Way Columbia 21045

Every 3rd Monday of every month (except on Holidays)

7:00 pm- 8:30 pm

Contact Karen Hull @ 410-313-7466 or email: KHull@howardcountymd.gov

Korean Caregiver Support Group

Bain Center (Community Room)

5470 Ruth Keeton Way Columbia 21044

2nd Tuesday of every month

10:30 am- 12:00 noon

Call: MJ Engle @ 410-313-6538 or email: MEngle@howardcountymd.gov

Korean Caregiver Support Group

East Columbia 50+ Center

6600 Cradlerock Way Columbia 21045

2nd Wednesday of every

6:30 pm- 8:00 pm

Call: MJ Engle @ 410-313-6538 or email: MEngle@howardcountymd.gov

Ongoing Support Groups



NAMI Family Support Group

Harmony Hall

6336 Cedar Lane Columbia 20144

2nd Tuesday of every month

**Registration required*

Call: 410-772-9300

NAMI Family Support Group

Celebration Church

6080 Foreland Garth Columbia 21045

3rd Friday of every month

**Registration required*

Call: 410-772-9300

Caregiver Support Group/Chronic Conditions

Howard County General Hospital/ Medical Pavilion Building

10710 Charter Drive Suite 100 Columbia 21044

3rd Tuesday of every month

3:30 pm

Contact Dianne Tollick @ 410-740-5858

Parkinson's Disease Support Group for Caregivers and their Care Partners

Vantage House Retirement Community

5400 Vantage House Road Columbia 21044

2ⁿ Tuesday of every month

Contact: Lynada Johnson @ 410-992-1120

Community Support Group for Caregivers

Somerford Place Alzheimer's and Dementia Assisted Living

8820 Snowden River Parkway Columbia 21045

1st Thursday of every month

11:00 am- 12:00 noon

Contact Judy Beyer @ 410-313-9744

Ongoing Support Groups



Intergrace Copper Ridge Neurocognitive Education and Caregiver Support Groups:

Early Dementia Education and Support Group

(Sponsored by the Alzheimer's Association)

The William and Ellen Proxmire Memory Clinic at Copper Ridge

710 Obrecht Road

Sykesville 21784

4th Wednesday of every month

4:00 PM

FTD (Frontotemporal Dementia) Education and Support Group

The William and Ellen Proxmire Memory Clinic at Copper Ridge

710 Obrecht Road

Sykesville 21784

3rd Wednesday of every month

4:00 PM

Contact the Memory Clinic @ 410-552-3211

Memory Café Early-stage Social Engagement Program

Ellicott City 50+ Center Multipurpose Room

9401 Frederick Road Ellicott City, MD 21042

Enhancing the lives of individuals living with memory loss and their care partners

The café is a safe and relaxed place where people with early-stage memory loss, their families/friends, and health professionals come together for a unique blend of education and social interaction. It is a forum where people can share experiences and socialize.

1st Wednesday of every month

6:30 pm- 7:30 pm

***RSVP required**

Call Kathy Wehr at 410-313-5955 or email: KWehr@howardcountymd.gov

PPA Resource and Discussion Group

for those with Primary Progressive Aphasia and their Caregivers

Sponsored by the Loyola Clinical Centers held at the Loyola Graduate Center,
8890 McGaw Road Columbia 21045

4th Wednesday of the month except August, November, December

1:00 pm- 2:30 pm

***RSVP required**

Call Cindy Nichols, SLP @ 410-617-7717 or email: cdnichols@loyola.edu

Quote of the Winter:

“Done is better than perfect”

-Sheryl Sandberg, COO Facebook

