



Caregiver's Corner

Fall 2009

Agency on Aging for Northeastern Vermont

Hardwick: Relax with Free Massage or Reiki & Celebrate National Family Caregiver Month

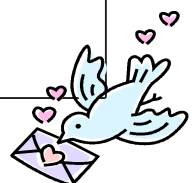
Family caregivers - husbands, wives, adult children and other family or friends providing care for a loved one who lives at home, in a nursing home, or across the country - will be offered a brief chair massage with Olive Ylin or a Reiki session with Sierra Thayer, RMT, in celebration of National Family Caregiver Month **November 5th from 10 a.m. - noon at the Hardwick office of the Agency on Aging in the Merchants Bank Building.** Take this opportunity to meet and chat with a staff person from our family caregiver support program before or after your session, or just stop by to meet with staff, receive a flower as recognition for your good work and check out our resources for family caregivers.

Call Nancy at (802) 748-5182 to schedule a free massage or Reiki session

Caregiver Tip: Changes You Can Make To Reduce Your Stress

- **Change a situation**, when possible. For example, if a stressor for you is that your loved one with dementia leaves the stove burners on, you might remove the knobs on the kitchen range or turn the burners off at the breakers.
- **Change your perception or how you think about a situation.** For example, instead of thinking your son is *not* caring because he visits his father only once a week, you could change your view to "I'm thankful my son takes the time to visit his father weekly. It shows he cares."
- **Change your response.** Some situations we can't change but we can reduce our stress by changing how we react. For example, a stressor for you might be that your loved one with dementia asks repeatedly "When do we eat?" starting a half hour before dinner. This drives you crazy. You decide *not* to continue saying "You've already asked me that question ten times," or "We always eat at 5:30, don't you remember?" Instead, you offer him a snack an hour before dinner. Sometimes, by changing our response, a situation does change. In this case, repeated questions might not change altogether, but the particular question that's causing you frustration may stop.*

* From "Powerful Tools for Caregivers," a program of Legacy Caregiver Services.





Register for Powerful Tools for Caregivers in Newport or St Johnsbury this Fall

Our Powerful Tools for Caregivers classes have been quite popular so we have decided to offer a series both in Newport and in St Johnsbury this fall. These classes are designed to help family caregivers take care of themselves while caring for a relative or friend. You will benefit from these classes whether you are helping a parent, spouse, friend, someone who lives at home, in a nursing home, or across the country. You'll learn tools to reduce stress, communicate effectively with others, reduce guilt/anger/depression, set goals, problem-solve and take care of yourself. The Newport class will be facilitated by Agency on Aging staff Lucy LeMay and Lynn Goulding and the St Johnsbury class will be facilitated by Nancy Oakes and Lynn Goulding. Participants will share a light supper. There is a suggested donation of \$25 to help defray the cost of the book, however no one will be denied attendance if unable to pay.

Newport in the State Office Building Conference Room

Wednesdays, Sept. 9 – Oct. 21, 5:00 - 8:00 p.m.

St Johnsbury at the Annex Building in Windhorse Common

Tuesdays, Oct. 6—Nov. 10, 4:30 - 7:30 p.m.

Class size is limited and pre-registration is required. To register for one of these classes call Lynn or Nancy at 748-5182 or 1-800-642-5119

Support Groups for Caregivers

Alzheimer Support Groups

St. J at Caledonia Home Health, Last Monday of Each Month, 6 p.m.
Phone Marcia at 748-8116.

Morrisville at Lamoille Home Health, Third Thursday of Each Month, 2 – 3:30 p.m. Call Oona Lee for info at 888-4651

Caregiver's Support Group, Lyndonville at the Methodist Church
3rd Thurs. of Month, 10–11:30 a.m. Call 626-3900 for info

Parkinson's Support Groups

Newport & St. J, Call Sid & Estelle Burton at 626-3707 for info

Morrisville, Last Weds. of mo., 1-2:30 p.m., Call Bryanne at 888-8701

Please Assist Us in Identifying the Needs of Seniors and their Caregivers

Please complete and return the survey enclosed in this mailing and assist the person you care for to complete a survey as well. Call the Senior HelpLine at 1-800-642-5119 for additional information.

Find a Caregiver at www.RewardingWork.org/VT

If you cannot use a computer call the Senior HelpLine at 1-800-642-5119.