



Caregiver's Corner

Spring/Summer 2009

Agency on Aging for Northeastern Vermont

Annual Relaxation, Rejuvenation & Self-Care Day May 13th at the Gateway Center in Newport

If you are a wife, husband, adult child, or another caring for a frail or seriously ill loved one or a loved one with dementia, join us for massage, Reiki, reflexology, and dinner. Virginia Fry will be the featured presenter and with her we will explore ways to nurture hope (in its many meanings), and to create connections that support us physically, emotionally, and spiritually. This free event will be held at the Gateway Center in Newport on the afternoon and evening of May 13th. Registration is required by May 6th.

**Call Betsy at 748-2506 or 1-877-215-3921 or
Nancy at 748-5182 or 1-800-642-5119 for info or to request a
brochure/registration form.**

Island Pond: Relax with a Free Reflexology or Reiki Session & Meet the Caregiver Staff

Our Caregiver Support Program staff will be at the Island Pond office of the Agency on Aging, **April 22nd from 10 a.m.—noon.** Husbands, wives, adult children and other family or friends caring for an ill or frail elder will be offered a free twenty minute session with Nancy Oakes, Reiki Master Teacher and Agency on Aging Caregiver Support Program Coordinator or Susan Blackstone, Reflexologist. Take this opportunity to meet and chat with Lynn Goulding, our Caregiver Support Program Specialist, before or after your session, or just stop by to meet her and check out our resources for family caregivers.

**Call Nancy or Lynn at 1-800-642-5119 or (802) 748-5182 to schedule a
free reflexology or Reiki session.**

Find a Caregiver at www.RewardingWork.org/VT

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



Powerful Tools for Caregivers In Hardwick

Powerful Tools for Caregivers is coming to Hardwick this spring. The class is designed to help family caregivers take care of themselves while caring for a relative or friend. You will benefit from this class 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 & take care of yourself.

One participant from our winter St Johnsbury class reported after the class, *I have more confidence in speaking, listening and reacting in a challenging situation. Also (I now know) I am not alone facing life challenges: there are many agencies & services available to help me.* Another said, *I feel I am a gentler caregiver and that is important to me.*

The Hardwick class will be facilitated by Nancy Oakes and Lynn Goulding of the Agency on Aging. 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.

Hardwick Health Center, Tuesdays, May 5 – June 9, 5:30-8:30 p.m.

Class size is limited and pre-registration is required. To register for this class call Lynn or Nancy at 748-5182.

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

Telephone Support Group, Call Nancy: 748-5182 or 1-800-642-5119

Caregiver Tip: Taking Care of Yourself

Every week make a specific plan to do something you *want* to do for yourself. Make sure it is something you think you will be able to do, not something you'd love to do but know won't be possible. Set yourself up for success. Write it down, starting with "I will _____." Put it on your calendar. If at first you don't succeed, don't give up. Come up with a different activity you *want* to do that you think you can be successful at. Do this *every* week! When you take care of yourself everyone benefits, including the loved one you care for.

