



Catholic Community Services

July - August 2020

**OLDER  
AMERICANS  
MONTH**



# Caregiver Newsletter

## Celebrating Older Americans This Year!

“Make Your Mark” was the theme chosen this year for Older Americans Month, 2020. Every May, the Administration for Community Living (ACL) leads the national observance of Older Americans Month. We want to take time to appreciate our Older American caregivers who live in Southeast Alaska by thanking you for the countless contributions with caregiving: Your time, experience, wisdom, and talents are so valuable. This does not go unnoticed by our family, friends, peers, and communities. Caregivers are equal members of the care team whose support enhances the lives of their loved ones.

You have “made your mark.”

**T H A N K Y O U !**

Social isolation and loneliness are risk factors among older adults. Ways to combat the growing isolation is by finding ways to connect with each other. COVID-19 has made it harder for seniors to connect by limiting physical distance, stay-at-home ordinances, and the added fear and anxiety surrounding the unknown. But, I encourage you to “make your mark” by reaching out to your family members, friends, and neighbors while you continue to observe safety precautions.

Storytelling has been used to connect and build relationships. There are deep cultural roots with traditional talking circles which now take place creatively through new technical platforms such as Zoom. While more time is spent at home, the craft of storytelling can be enhanced by adding it to morning or afternoon tea/coffee.

Paul Foster claims, “people are still in need of storytelling and creativity, even during a pandemic,” The world looks different and with this shift in the way we visualize the world, we must shift our thinking. This is an opportunity to capture the elements of life today and put memories into words. Talk about past vacations, take out photo albums...or tell a whopper!

## Over 65 Highlights:

Here are some interesting facts from the National Research Council:

- In the US, the population of age 65 and over represents one in every seven Americans.
- Since 1900, the percentage of people 65 and over has more than tripled from 4.1% to 15.2%.
- In 2016, among this population, there were 27.5 million women and 21.8 million men, or 126 women per 100 men.
- A child born in 2016 has a life expectancy of an additional 19.4 years more than one born in 1900.
- The number of Americans who celebrated their 65th birthday in 2016 was 3.5 million.
- There are 81,896 centenarians (2016). This is more than double 1980's figure of 32,194.
- Youth have a 5% population increase compared to 33% seniors.

## Tlingit & Haida Indian Tribes of Alaska

Tribal Family & Youth Services—Elderly Services

800-344-1432 ext. 7131 Local: 907-463-7131

The goal of Central Council's Elderly Services program is to honor tribal elders within the Juneau area (Douglas, Hydaburg, Juneau, and Saxman). This program promotes health and wellbeing by assisting tribal elders and family caregivers to access community services/resources with a friendly staff.

**Caregiver Support** services help elders with referrals to service providers. Advocacy, information, and assistance are available. A loan closet supplies walker, wheel chair, and canes. [ccthita.org](http://ccthita.org)

**Urban Indian Health Institute:** Updates and resources for tribes and urban Indian organization about the Novel Coronavirus is available.

<https://www.uihi.org/projects/covid/>

## Interesting Facts

**Baby Boomers** are burgeoning in population.

Now, one-third of this generation is 65 and over.

**Marital Status:** More older men were married compared with older women (70% of men to 46% of women). In 2017, widows accounted for 33% of the older women. And widows outnumber widowers (8.9 million / 2.5 million).

Divorced/separated represented only 15% of all older people in 2017. This is an increase from 1980 where only 5.3% of the older population were separated/spouse absent.

Over half of older persons live with their spouse

Health and Health Care: 45% of age 65ers assessed their health as "excellent" or "very good"

compared to 64% of the 18-64 years. -Nat'l Research Council

## **A great RESPITE opportunity Juneau!**

Enroll your loved one in **The Bridge**, an adult day program focused on providing cognitive stimulation (games, puzzles, arts & crafts, etc.), socialization and physical activity (gardening, exercise, community outings etc.).

All seniors are welcome to enjoy a comfortable, friendly, and safe environment.

**To schedule your 3 free introductory visits  
call today (907) 463-6171**

Open Monday - Friday from 7:30am - 5:30pm

## **What is Tele-support?**

**It can be difficult to get the support**

**You need when you live in a remote**

**Alaskan community. If you would like to speak with someone about your caregiving experience or need**

**Assistance getting access to support**

**Or services, we offer tele-support to our caregivers throughout the Southeast region.**

**Call toll free  
866-746-6177**

## **Caregiving Grant Applications**

**Are available for unpaid caregivers.**

Southeast Senior Services (SESS) is accepting grant applications for Respite, Personal Care Assistance (PCA), Chore and Supplemental Services.

For more information, please call

**1-866-746-6177**

or in Juneau call 463-6181.

You can also email your request to:  
[aimee.bibb@ccsjuneau.org](mailto:aimee.bibb@ccsjuneau.org)

*Please note there is a registration assessment process to determine eligibility for all Caregiver Grants.*



# Daily Calm Exhalation

When we finally let go of what  
no longer serves us, what we're  
holding, what we know, we make  
room to invite new wisdom, new  
choices, new freedom.

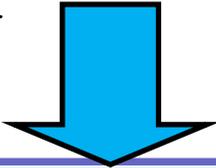
*Tamara Levitt*



# Bringing Support Home to You

## Why Call-in?

- ◆ Talk with people who will understand your experience.
- ◆ Know that you are not alone on your journey.
- ◆ Receive support from peers.
- ◆ Learn more about self care and develop caregiving skills.



## Caregiver



### Next Call-in Meeting schedule:

Aug 6

Aug 20

Sept 3

Sept 17

All meetings will be from 12 pm  
until 1 pm in the afternoon

## Who is eligible to participate?

Individuals living in Southeast Alaska who are caring for an elder, family or a friend.

In Juneau, call 463-6177 and toll free throughout Southeast, call 1-866-746-6177 for more details or to get questions answered.

Follow the instructions below:

**On the scheduled Thursday call: 800-791-2345 to access our group support session, then enter this access code: 31669#**

***You will be instantly included in our group call.***

Alaska Aging & Disability Resource Centers

**ADRC: Alaska Dept. HSS**

Connecting seniors, people with disabilities and caregivers with long-term care services and supports

855-565-2017 Statewide, toll free

## Elder Abuse Awareness

Vulnerable adults may suffer abuse if they appear to be neglected or to be abused in an intentional or reckless non-accidental manner. If the elder appears exploited by another person or a sign of apparent neglect of essential services by self or by others in control of the elder, there may be abuse. You can help!

Any person may report a confidential matter in good faith, you are protected by law from retaliation. You may also report a matter anonymously.

Call: 800-478-9996

Adult Protective Services

## Ketchikan

Are you a caregiver caring for an elder?

Do you want to talk to others in a similar situation?

### “We are here to help”

We hold a caregiver support group the second Friday of every month, from 2-3pm, at Saxman/Ketchikan Senior Center 2401 Eagle Ave.

Call **Bernice Metcalf** for more information:

(907) 225-8080

## Sitka

“Be of Brave Heart”

### Caregiver Support

Manager’s House of the Sitka Pioneer Home

**Fourth Monday of Every Month at 6 pm**

Homemade soup, salad, and bread provided.

For information call 747-4600 or

[braveheartvolunteers.org](http://braveheartvolunteers.org)

## “ Lending Library is for you”

The Senior and Caregiver Resource Center has a variety of resources available for loan to caregivers and elders. In addition, we offer a variety of books and educational materials on caregiving skills and self-care. If we don't have material that you are looking for, we will help you find it. Feel free to stop by our lending library in Juneau or give us a call and we will gladly ship items promptly to you if are in the Southeast Alaska area.

**We have “Tai Chi” DVDS too!**

**Call us at 907-463-6181**



*Southeast Senior & Caregiver  
Resource Center*



## Southeast Senior Services

Catholic Community Service

419 Sixth Street

Juneau, AK 99801

(907) 463-6177

[www.ccsjuneau.org](http://www.ccsjuneau.org)

**Serving All of Southeast**

**"The Senior and Caregiver Resource Center receives financial support from the Juneau Community Foundation's Hope Endowment Grant and of the City and Borough of Juneau Social Service Grant and the State of Alaska, Senior and Disabilities Services."**

Southeast Senior Services is a division of Catholic Community Service

Accredited by the Council on Accreditation