



## November 2016 *National Family Caregiver Month*

### *To those who care for others,*

When I put together my bi-monthly newsletter, I enjoy looking back and thinking about the experiences I have had the previous couple of months that I would like to share. This month, I find myself looking forward. Like many, I am looking forward to the holiday season. There are many days during this season we observe as a nation – days we note on our yearly calendars as significant to our collective identity.

It's not as common for our country to choose an entire month for observation. The month of November is commonly identified as the month where many of us get a long weekend to observe Thanksgiving. It's a time of gathering with the people we care about to share quality time together. As I reflect on this, I think it is no coincidence that this month is also observed as National Family Caregiver Month.

In 1997, former President Clinton was the first to sign the National Family Caregiver Month Proclamation. And, in 2012, President Obama proclaimed, "Family members, friends, and neighbors devote countless hours to providing care to their relatives or loved ones. During National Family Caregiver Month, we recognize and thank the humble heroes who do so much to keep our families and communities strong."

I find this proclamation a powerful statement to those who care for others. We, as a nation and a community, are grateful for the labors of love you provide. In addition to this proclamation, our Federal Government has established the National Family Caregiver Act. This is a program put in place that provides funding so that we can provide support and

services at the local level to those who care for others in our community.

You will find a couple of special events slated on our calendar during the month of November to observe and celebrate the work you do.

If you know a caregiver in your family or community, please ask them if there is anything you can do to support them. I urge everyone to consider the month of November as an added opportunity to reach out and support someone you know who does the work of caring for another. Let them know you are there for them in some small way. Offer some time to provide a small service. Call them on the telephone, email or text and ask how they are doing.

**The theme of the 2016 National Family Caregiver Month is, "Take Care to Give Care."** Certainly, this is one of our most common topics of conversation. Caring for others is time consuming, sometimes stressful, and sometimes physically demanding. It's important our caregivers take time for themselves to enjoy their lives, receive the support they need, and to care for their own wellbeing. We know caregivers are able to be there for their elders for a longer period of time without getting burned out, if they receive help and take time for themselves.

Please consider some of the special events offered this month as an opportunity to connect with your peers, to learn more about self-care and to relax in the company of the people you care about.

To our collective wellbeing,

Shelly Smith

Family Caregiver Resource Specialist

## Senior and Caregiver Counseling with Tammy Guiler

My name is Tammy Guiler and I am the counselor for seniors and caregivers at Southeast Senior Services. My background is in psychology and social work and I have been living in Juneau for two years, originally from Montreal, Quebec.

Through Southeast Senior Services I am able to provide counseling to both seniors and their caregivers either at their home or in my office, individually or with family. Counseling can provide numerous benefits if you are feeling overwhelmed, lonely, have a specific issue or diagnosis, are seeking information, or just need a place to talk openly and freely in a caring and supportive environment. Counseling can also be an important piece in self-care when caring for a senior. Sessions can vary from weekly, monthly, or phone check-ins every couple of weeks or months. If you are interested in receiving counseling for yourself or would like to refer someone else, or are interested in obtaining more information please contact me at 463-6163.

## National Family Caregiver Month Special Event *Sharing, Relaxation, and Chocolate*

**Saturday, November 5, 10am-1pm**

### ***Sharing, Relaxation, and Chocolate***

Bridge Adult Day Center Juneau

*Hosted by:*

- ◆ Shelly Smith with the Family Caregiver Support Program
- ◆ Joni Pico with Hospice and Homecare
- ◆ Mary Szczepanski, with Healing Touch Alaska

We invite members of our community who are caring for others to join us for a time of sharing and relaxation. If you are caring for a parent, spouse, partner, friend or neighbor, we dedicate this time to celebrate and uplift your labors of love and to offer some wonderful de-stressing activities.

We invite you to bring a favorite writing, a poem, a personal story, a piece of music, a photograph, or a prayer that speaks to you in a special way you would like to share with others

on the subject of what caring for others means for you. We invite you to just come and listen, if that is your preference.

We will share healthful snacks and the delights of chocolate. For many, food is a favorite way of sharing. If you would like to bring a favorite food to share, we invite you to do so. Please do not feel obligated. There will be plenty of delicious items from which to choose.

If you would like to join us but find your duties of caring don't allow it, please contact the Senior and Caregiver Resource Center. We will do our best to provide respite so that you can participate.

**Please call Shelly Smith at 463-6177,  
if you plan to attend**

There is no charge to attend. Contact us by October 14<sup>th</sup> to arrange respite. Otherwise, please contact us by November 1<sup>st</sup> and let us know you can join us.

Call the Senior and Caregiver Resource Center for information about these upcoming events, support groups, and more. In Juneau at 463-6177 or toll free at (866) 746-6177.

***Let us know how we can support you!***

# Tai Chi for elders and caregivers age 60 years and older

When I was in my twenties I lived in San Francisco on the border of North Beach and Chinatown. In the early mornings an elderly Asian man would appear in the empty parking lot across the street from my apartment. I would often look out the window and watch him moving in the most graceful and compelling ways. It was Tai Chi.

Fast forward to last year, I live in Juneau, am in my sixties (no longer The 60's) and I notice an ad for the "Tai Chi for Arthritis" classes offered free by Southeast Senior Services. I decided to sign up for a series to see what it offered and I'm so glad I did.

These hour-long sessions using Dr. Paul Lam's techniques are geared to overall better mental and physical vitality for us older adults to assist and improve balance, strength, energy, and flexibility. I've been lucky enough to take a few of these courses with certified instructor Josielind Ferrer. I think my classmates would agree that Ms. Ferrer is a most patient, kind and generous teacher. We always appreciated her positive comments and sense of humor. Another instructor that I hear great comments about is Glen Ray.

Little did I know back in my younger years how much I too would enjoy the ongoing benefits of Tai Chi. I would like to express my thanks to Southeast Senior Services (a program of Catholic Community Service with funding from the Alaska Division of Senior and Disabilities Services) for offering these highly beneficial classes at no cost to folks 60 years and older. **By: Natalee Rothaus, Juneau**

The benefits of Tai Chi for elders are many including increased strength, energy, flexibility and balance. Studies show the practice of Tai Chi reduces the risk of falling. These classes are designed for participants 60 years and older and no previous experience is required.

**For More Information about free Tai Chi classes for Juneau citizens ages 60 years and older, please contact Eileen Hosey at 463-6113**

## Call-in Caregiver



### 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.



**Next Call-in Meeting are scheduled for:  
Thursday, October 13th  
Thursday, November 10th  
at 12 noon**

## Support Group

### Who is eligible to participate?

People living in Southeast Alaska who are caring for elders: family, friends and neighbors.

**Please call 1-866-746-6177 for more details and to get the call-in code.**



**Catholic Community  
Service**  
419 Sixth Street  
Juneau, AK 99801  
(907) 463-6177

## Hospice and Homecare of Juneau Grief Support

A six-week Bereavement Support Group for anyone dealing with the loss of a loved one. This group will provide a safe place to share, learn, and grow beyond the pain of your loss. Space is limited and registration is required.

\$80 suggested donation for the series.

Thursday evenings, 5:30pm-8:00pm

October 13 to November 17, 2016

For more information, please contact HHCJ at 463-6111 or [joni.pico@ccsjuneau.org](mailto:joni.pico@ccsjuneau.org).

## Our Lending Library

The Senior and Caregiver Resource Center has a variety of resources available for loan to our caregivers and elders. We also offer a variety of books and educational materials on caregiving skills and self-care. If we don't own the resource 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 to you where ever you live in Southeast Alaska.

### Ketchikan

**Are you a caregiver caring for an elder?**

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

**We can help!**

We hold a caregiver support group the second Friday of every month, from 2-3pm, at the Point Café located at 25 Jefferson Way 102-B.

Call Bernice Metcalf for more information:

(907) 225-8080

### AARP Alaska

#### Conversations with Family Caregivers

AARP recognizes the care and dedication of Alaska's family caregivers. As a caregiver, you are invited to join us for three informative "Tele-Town Halls." You don't have to leave home. Just pre-register, and we will give you a call.

#### Part 1: Tuesday, October 18th at 10am

Iiona Besseney, attorney will address the legal planning and documents individuals need to handle financial and health care issues, including the importance of powers of attorney, health care directives, wills and trusts.

Register at <http://vekeo.buzz/AARP-Alaska-Iiona>.

#### Part 2: Friday, November 18th at 10am.

Pamela Kelley, education director at Alzheimer's Resource of Alaska, will address caregiving in the long haul with special attention focused on adapting to changing roles in relationships while providing care to a loved one.

Register at <http://vekeo.buzz/AARP-Alaska-Pamela>.

#### Part 3: Monday, December 19th at 10am

Joyanna Geisler, director of Independent Living Center in Homer, will address aging in place, home modification and safety.

Register at <http://vekeo.buzz/AARP-Alaska-Joyanna>.

## What is Tele-support?

**It can be difficult to get the support you need when you live in a remote Alaska 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**

**"The Senior and Caregiver Resource Center receives funding from the Juneau Community Foundation of the City and Borough of Juneau and the State of Alaska, Division of Senior and Disabilities Services."**