



Caregiver Newsletter

MAY-JUNE 2018 *May your blossoms flower in June!*

Greetings caregivers of SE Alaska,

I would like to open this newsletter by introducing myself. My name is Marty Nelson and I am your new Family Caregiver Support Advocate (FCSA). I am happy to be of service to you. My primary focus is supporting the family and friends who are caregivers to the seniors in the Southeast region of Alaska. My goal is to help lighten the burden of caregiving by providing relevant information regarding our services which include:

Home visits

Individual phone support

Group activities

Caregiver Grants

Assistance with Caregiver Training

Provide education on self-care

Referrals to other supportive agencies

Monthly Call-in Peer Support Group

What is the caregiving experience? Generally a caregiver expresses their love and concern by assisting a family member. Even though there can be much satisfaction in doing this, there are many challenges that a caregiver may face. When there are issues such as dementia, heart disease, diabetes and other health difficulties, there may be a need for more complex caregiving. More appointments, more medicines, more vigilance while having less time, sleep and energy. This can lead to depression, anxiety, withdrawal and an even less resistance to sickness. Few caregivers begin feeling this way, but due to time and circumstance, many may find themselves at this place.

So in these difficulties, we are here for you, our caregiver champions!

Now, let's talk about your feelings on caregiving. If you aren't sure how to feel or if you are overwhelmed with an assortment of feelings, you are not alone! It is common for a person to set aside their feelings in order to be a dutiful caregiver, but over time neglecting yourself can be harmful. We are here to assist you in your needs of self-care and to support you in your selfless and important caregiver role.

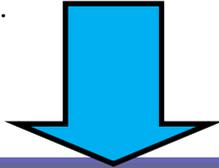
Best regards,

MARTY NELSON

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.



Next Call-in Meeting schedule:

Thursday, May 10th

Thursday, May 24th

Thursday, June 7th

Thursday, June 21st

12:00 noon to 1:00PM

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 any scheduled Thursday call: (605) 472-5263 to access our group support session, then enter this access# 574234 you will be instantly included in our group call.

From the desk of a Caregiver

Thoughts about support and other services we have provided:

Your help has been like a fresh breeze, so pleasant.

Haines caregiver, April 2018

When I was little I was a care recipient, when I was young I was carefree, when I became older I became careful, when I became responsible the caregiver became me. I am so glad that I am not alone in this, thank you.

Juneau caregiver, April 2018

Got assistance?

Good news!

Now accepting grant applications

July 1st marks the beginning of the new fiscal year and Southeast Senior Services (SESS) will now be accepting grant applications for Respite, Personal Care Assistance (PCA), Chore, and Supplemental Services. For more information, Please call 1-866-746-6177, or if in Juneau, 463-6181. Please note there is a registration assessment process to determine eligibility for all grants.

Tai Chi for elders and caregivers
age 60 years and older

CLASSES ARE FREE!

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.

Please contact Southeast Senior Services (SESS) for details at 463-6113



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 wherever you live in Southeast Alaska. We have "Tai Chi" videos too! Call us at 907-463-6181

In Juneau:

Savvy Caregiver

Tuesdays, May 1 - June 5

5:30 pm - 7:30pm

This is a class for families caring for a loved one with Alzheimer's disease or related dementia where you can discuss decision making and emotions you may face, as well as a thorough overview of Alzheimer's and related dementia.

Registration is required and space is limited.

Ask about other upcoming classes too!

Contact: Amber Smith to register at 907-586-6044 or via email at asmith@alzalaska.org



June 1st is Elder Abuse Awareness Day

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 protect by law from retaliation. You may also report a matter anonymously.

Call: 800-478-9996/Adult Protective Services



Juneau Caregiver Support Meet & Greet



Hosted at "The Bridge" 1803 Glacier Hwy

4:30pm-6pm

Sunday, May 20th & Sunday, June 17th

A light "buffet style" meal will be provided. We want you to have a break from cooking!
Caregivers are welcome to bring care recipient or a guest.

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.

Contact Maury to RSVP or for information

at 747-4600 or

maury@braveheartvolunteers.org



The Senior and Caregiver Resource Center



*Southeast Senior Services
Catholic Community Service
419 Sixth Street
Juneau, AK 99801
(907) 463-6177
www.ccsjuneau.org
Serving All of Southeast
Call toll free at (866) 746-6177*



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