



Dear Caregivers,

I'll begin by introducing myself. My name is Shelly Smith and I am the new Family Caregiver Resource Specialist at Southeast Senior Services. I am excited to be a new member of this dynamic team of people who provide support and services to our elders and their caregivers living in the Southeast Region. Some of you live in communities where you have access to many levels of support and assistance while others live in more remote communities and have fewer levels of support. The most important thing about my job is to find ways to connect with you, our caregivers, throughout the region

and provide access to services and resources that are responsive to your needs. With this goal at heart, I have begun the journey of reaching out and connecting with care-givers in our region, some who we know and those we have yet to meet. I look forward to connecting with all of you and learning more about your journey as a caregiver. And, the first question I will ask is, "What kind of support do you need today?"

Southeast Senior Services and the Senior and Caregiver Resource Center is here to serve you in whatever capacity is best for your unique situation.

We provide:

- ◆ Grant Funding for caregivers in need of respite and/or supplemental services.
- ◆ Support groups and educational opportunities
- ◆ Tips and plans for self-care.
- ◆ A counselor on staff available to both you and your elder, who can provide one on one counseling for you here in our office or in the privacy and comfort of your home.

Sometimes the most comforting words come from people in our community who share our experiences and our concerns.

The Caregiver Act Passes

In April 2016, the Alaska Legislature passed SB72 - The Caregiver Act

What does this mean for us?

- ◆ Before discharging a patient, a hospital shall assess the patient's ability for self-care and provide the patient with the opportunity to designate a caregiver to provide for aftercare following discharge.
- ◆ A hospital shall give the patient and caregiver the opportunity to participate in planning for the patient's discharge.
- ◆ Before discharge, a hospital shall provide a patient and caregiver with instruction and training as necessary for the caregiver to perform aftercare following discharge.
- ◆ The hospital shall provide the designated caregiver with a discharge plan that is appropriate to the condition of the patient and to the abilities of the patient's designated caregiver.

Asking for help....

I am reminded of when I was a new parent for the first time. I didn't want to leave my infant in anyone else's care because I didn't think anyone else would know what to do. I wouldn't ask for help because I thought I might be neglecting my duties as a parent. Sometimes, I felt guilty about needing time for myself.

I know these same feelings can be experienced by family members who care for their elders. It's hard for some of us to take time away to care for ourselves.

Taking that initial step of asking for help, or accepting help when it is offered is *so important*. We all need to take time to care for ourselves and time to enjoy the other people in our lives. Not only is it good for our health and our quality of life, but it makes us better caregivers and parents, too.

Please take time to care for yourself. And keep in mind your community has put several levels of support in place to help you do just that.

We want to help! Call us at the Senior and Caregiver Resource Center in Juneau at 463-6177 or toll free at (866) 746-6177, and let's explore some options for getting you some valuable time for yourself.

Because you deserve it!

Book Review

The Gifts of Caregiving

Stories of Hardship, Hope and Healing

By: Connie Goldman

Connie Goldman is an award winning public radio producer, author, and recipient of the 2001 Senior Award from the American Society on Aging. She has compiled a collection of moving conversations with and inspiring stories by caregivers. They are funny and heart breaking

and so relatable. Truly, a wonderful tribute to our community's caregivers. The book contains a CD recording of the public radio program "Hardship into Hope: The Rewards of Caregiving"

This book is available for loan through the Senior and Caregiver Resource Center at Southeast Senior Services located at 419 Sixth Street, Juneau.

"Just being there, being quiet with her, was healing. I learned about silence, about not needing to be doing something all the time."

We invite you to stop by and peruse our collection, anytime.

If you live outside Juneau, we will gladly ship loan items to you.

Counselor's Corner

Upholding elders and those who love them.

Individual Support and Private Counseling are available for Seniors or their Family Caregivers who may need someone to talk to, or to answer questions.

Do I qualify? If you are 60 years of age or older or you are caring for a person 60 or older, you qualify for free counseling.

Call (907) 463-6163



Take a Bow

Family Caregivers, you are the Champions of This Country's Long-term Care System.

Dear Caregivers, continued

The most frequent experience I have had thus far is talking with caregivers who would like someone to listen to their story; someone with whom they can share their frustrations and concerns, their successes and joys.

Consider sharing your words of wisdom with fellow caregivers. Perhaps you have a story that lingers with you that you think others may find helpful or humorous or they might just think, "oh yea, I've been through that. I know just what you mean". We at the Senior and Caregiver Resource

Center would like to be a good listener for you. We know from experience, this is a very important component of providing support to our caregivers.

I urge you to take advantage of as many of these opportunities and levels of support as you can. Your communities have put these services in place to support you on your journey. We are all here for you. And, if you haven't heard it yet today, "thank you for stepping up and doing the good, and sometimes challenging, work of caring for your elder."

If I can help connect you with support services in your community, please call my office in Juneau, 463-6177 or toll free at (866) 746-6177 or you can email: shelly.smith@ccsjuneau.org.

And, most importantly, I want to know, "What kind of help do you need from us, today?"

"Sometimes the most comforting words come from people in our community who share our experiences and our concerns."

Family Caregiver Support Groups

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

Juneau

Are you caring for an elderly friend or family member here in Juneau or elsewhere?

Come and share your experiences, your stories, thoughts and feelings with other family caregivers.

Every 3rd Thursday of the month 12:00-1:30 pm at KTOO's first floor conference room 360 Egan Dr.

For more info contact the Senior and Caregiver Resource Center at 463-6177.

Call the Senior and Caregiver Resource Center for information about support groups in your community, in Juneau at 463-6181 or toll free at (866) 746-6177.



The Senior and Caregiver Resource Center



BLAZE A TRAIL: MAY 2016

Southeast Senior Service
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

This year's theme, "Blaze a Trail," emphasizes the ways older adults are reinventing themselves through new work and new passions, engaging their communities, and blazing a trail of positive impact on the lives of people of *all* ages.

**Celebrate the elders in
your life!**

Community Announcements

"Knowing When to Brake: Driving and Dementia"

Driving is a significant source of independence but we should be aware of the changes we face while aging. Join us for discussion about the effects of normal aging on driving as well as the effects of a dementia diagnosis.

Tuesday, May 31st 12 noon - 1:30 pm
1st floor conference room 3225 Hospital Dr.

Free and Open to the Public

For more information:

Call Amber at 586-6044

Return from Grief

Panel Discussion on Grieving

Thursday, April 28th 2016

Centennial Hall – Hickel Room

5:30 – 7:30 pm 101 Egan Drive, Juneau

Juneau Jazz and Classics

The Bridge Adult Day Center will host musicians from JJC on May 9th at 2:30pm and again on May 12th at 1pm. 1803 Glacier Hwy call Kelsey at 463-6170 for more info.

Elders and their caregivers are welcome.

A great opportunity to check out this valuable community resource.

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