



Finding the Balance: Caring for Yourself as You Care for Others

Winter/Spring 2015

Montpelier Memory Café

Montpelier Memory Café was launched in January of 2014 and meets the second Saturday of each month at the Montpelier Senior Activity Center. The Memory Café is a community collaboration of participants and volunteers who come together to share positive energy and create a fun and comfortable social space for people with memory loss and their care partners.

Memory Café was inspired by a model that began in the Netherlands. Vermont now has community-based Memory Cafés in Montpelier, Burlington and St. Albans, plus one in an assisted living community. More are being planned.



Individuals experiencing early to mid-stage memory loss are invited to come with family caregivers or friends, and we see many new friendships blossom in the warm and dignified atmosphere of these gatherings. As one participant says, “It really makes us happy and enables us to meet some wonderful people.” (Her mother is pictured here with a Memory Café volunteer.)

We are indeed set up café-style, offering light refreshments such as coffee and juice, baked goods and fruit to enjoy with conversation at small tables. Participants may arrive and leave any time during Café hours.

Each café also features live music, dancing or movement, and other creative activities. Guest presenters generously donate their time and talents to make every café a special occasion.

We welcome contributions of refreshments and funds, but Memory Café is free. Won't you join us?

Montpelier Memory Café
 Second Saturday of each month, 10 a.m.—11:30 a.m.
 Montpelier Senior Activity Center ~ 58 Barre St., Montpelier
 For information contact Barb at 476-2681

*It's winter and
 you're a caregiver;
 need a laugh?*

*A positive
 attitude may not
 solve all your
 problems, but it
 will annoy
 enough people
 to make it worth
 the effort.*

~ Herm Albright



Central Vermont
 Council on Aging
www.cvcoa.org

Senior Helpline
 1-800-642-5119

If you would like
 to receive your
 newsletter by email,
 please contact:

Barb Asen
 Family Caregiver
 Support
basen@cvcoa.org
 (802)476-2681

Caregiver Support Groups

Project Independence in Barre
First Wednesdays
4:30—6:00 pm
Contact Barb Clark
802-476-3630
barb@PIBarre.org

Mad River Family Practice
in Waitsfield
First & Third Tuesdays
Contact Kate Anderson
802-496-3838
kate.anderson@cvmc.org

Gifford Medical Center
in Randolph
Second Tuesdays
11 am—noon
Contact Keith Morino
802-728-2499
kmorino@giffordmed.org

Alzheimer's Support Group
Lamoille Home Health & Hospice
in Morrisville
Third Thursdays
2:00—3:30 pm
Contact Oona Borello
802-888-4651

ALZConnected
www.alzconnected.org
The Alzheimer's Association
hosts an online community to
provide connection and support
with peers via individual and
group conversations.

Alzheimer's Association

24/7 helpline
1-800-272-3900

www.alz.org

services and support for you
and your family

NEWLY COMPILED RESOURCE FOR CAREGIVERS!

Family Caregiver Coordinators from all five Area Agencies on Aging (CVCOA is one) worked together in recent months to produce up-to-date guides called “**Caregiver Resources for Dementia Care and Respite.**” Now available for each region of the state, the guides have information that applies to all areas of the state, plus pertinent local listings.

Resources found in each guide include:

- § **Area Agency on Aging & Senior Helpline**
- § **Alzheimer's Association**
- § **Education and Support/Social Groups**
- § **Care Provider Agencies, Caregiver Registry & Respite**
- § **Adult Day Programs**
- § **Memory Centers**
- § **Long-Term Care**
- § **Veterans Independence Program**
- § **Out of Home Placement and Respite Care**
- § **Legal Assistance**
- § **Additional Resources**
- § **Tips for Caregivers**

To receive the caregiver guide for Lamoille, Orange and Washington Counties, please email Barb Asen at basen@cvcoa.org or call her at 802-476-2681. Let us know if you would like an electronic version with live links, or a paper version.

Guides for other regions of Vermont may be obtained by contacting the local Area Agency on Aging.



CVCOA has many resources for caregivers!

Avail yourself of materials on health, safety, emergency planning, self-care, and activities at home. Access information on support for grandparents raising their grandchildren. Browse our books and find out about respite grants. Call 802-476-2681 to learn more, set up an office visit, or request materials to be sent to you!

Respite and Sharing through Cartooning *by Penny Nolte*

Recently I took part in “Applied Cartooning: An Educator’s Symposium” at the Center for Cartoon Studies in White River Junction. My attendance was possible thanks to a caregiver respite grant from the state through CVCOA. I met people from all walks of life (and as far away as California and Texas!) with the common interest in developing our drawing and/or storytelling skills & curriculum.



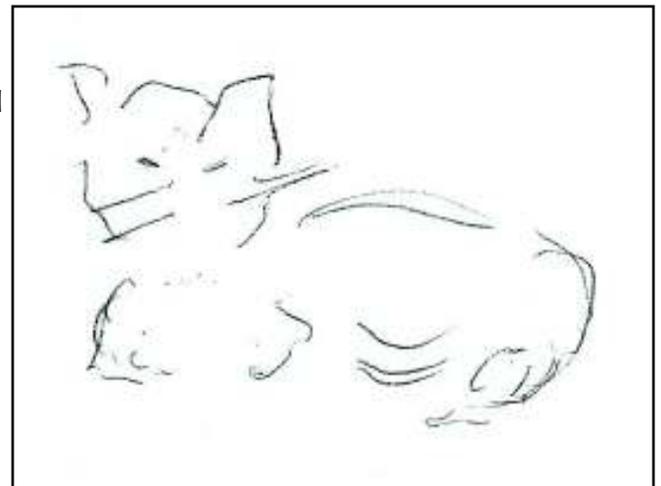
Here is one cartoon that I did during the workshop, introducing my new character, "Abbey W." the cat.

Wow, now I should never really be at a loss for a new idea of something Mom could draw! The really cool thing I’m finding is that once I suggest one or two of the list items, she may begin to draw something else without any prompting from me. That is a new behavior for her. I’m hoping to facilitate some actual story-telling cartooning with her, but for now I’m just happy to be able to better help Mom take part in a fun activity that we can share.

It was an inspiring break for me, and I picked up lots of ideas that will translate into my part-time job teaching writing at CCV. But I was also there to keep an eye open for new ways to interact with my nearly ninety year old mother... and I was not disappointed.

Mom has always been interested in art. She is a natural at it, with no formal training. So, often during my check-ins with her around meals, appointments, etc., I also encourage her to draw.

Now I have lots of new ideas to help her get started! For instance, the cartoonist/presenter, Cara Bean, shared a resource that I recognized could make great starters for my drawing-time with Mom — a list of over 50 drawing prompts! Among them, “Draw a corner of the room you are sitting in right now,” “Draw your bedroom from memory,” “Draw your favorite place from memory,” and so on.



This picture is Mom's recent drawing from the prompt, "Draw your dream pet"— which turns out to be a cat, too, and better drawn than mine. :-)

Come to a Caregiver Tea!

We warmly invite you to take a break and visit with other caregivers.

Penny will share some cartooning techniques.

Friday, March 6th from 2:00 to 3:00 p.m.
Central Vermont Council on Aging
59 N. Main Street in Barre





Family Caregiver Support Program
59 N. Main Street, Suite 200
Barre, Vermont 05641

Senior Helpline 1-800-642-5119
Central Vermont Council on Aging - Options for Seniors & Caregivers



You will learn tools to:

- Help reduce stress
- Communicate your needs & feelings effectively
- Take care of yourself & relax
- Reduce guilt, anger & depression
- Make tough decisions
- Set goals and problem-solve

Powerful Tools for Caregivers

Caring for a family member or friend, whether she lives with you, in her own home, or in a nursing home, can be challenging.

Powerful Tools provides family caregivers with the tools they need to care for themselves while caring for others.

This 6-week course will be held at:

Montpelier Senior Activity Center

58 Barre Street, Montpelier

Thursdays, April 16 - May 21, 2 - 3:30 p.m.

Cambridge Health Center - Conference Room

272 N. Main Street, Cambridge

Fridays, May 1 - June 12, 2- 4 p.m.

Powerful Tools for Caregivers is presented by Central Vermont Council on Aging. A suggested donation of \$30 to CVCOA is appreciated, but not required to attend.

Please register at least two weeks in advance.

To register, call Barb Asen at 476-2681 or email basen@cvcoa.org.