



## Caring for Yourself As You Care for Others



### Powerful Tools for Caregivers

Caring for a family member or friend, whether s/he lives with you, in his/her own home, or in a nursing home, can be challenging. Powerful Tools for Caregivers provides family caregivers with the tools they need to care for themselves while caring for others.

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

This 6-week course will be held at:

**Montpelier Senior Activity Center**

58 Barre Street in Montpelier

Wednesdays, September 11 - October 16, 5:00 - 7:00 pm

**Out & About Adult Day Services**

11 Court Street in Morrisville

Thursdays, October 10 - November 14, 4:00 - 6:00 pm

Powerful Tools for Caregivers is presented by Central Vermont Council on Aging. A suggested donation of \$20 to CVCOA to help defray the cost of *The Caregiver Helpbook* is appreciated, but not required to attend. Please register by March 13. To register, contact Jeanne Kern at [jkern@cvcoa.org](mailto:jkern@cvcoa.org) or 476-2671.

### Mom or Dad In Need of a Friendly Chat? RSVP Tele-Care Program Offers Check-in

Are you worried about Dad and wishing there was someone who could check-in on him? Is Mom lonely during the day while you are at work because she has no one to talk to?



Serving independently from their own homes, but with off-site supervision, RSVP Tele-Care Telephone Reassurance volunteers make scheduled telephone calls to homebound members of their community. The purpose of these calls is to ensure the individual's safety and wellbeing, as well as to decrease social isolation by increasing social connections.

Perhaps you know someone who could benefit from a daily check-in call? Individuals may self-refer or be referred by a caregiver, family member, friend or service provider. This service is free of charge. The service may be temporary while recuperating from an illness or it may be a permanent situation.

Also, the program is currently accepting compassionate caring volunteers to make these telephone check-in calls.

**To receive more information about receiving these calls or becoming a Tele-Care volunteer, please contact RSVP at 828-4770.**

### Caregiver Support Groups

Project Independence in Barre  
First Wednesday of the month  
4:30–6:00 pm  
Call Julie Drauszewski, RN  
802-476-3630

Mad River Family Practice  
in Waitsfield  
plans to begin in March  
Call Jenna Cornielle  
at 802-496-3838

Gifford Medical Center  
in Randolph  
Second Tuesday of the month  
11 am–noon  
Call 802-728-7100 x 6

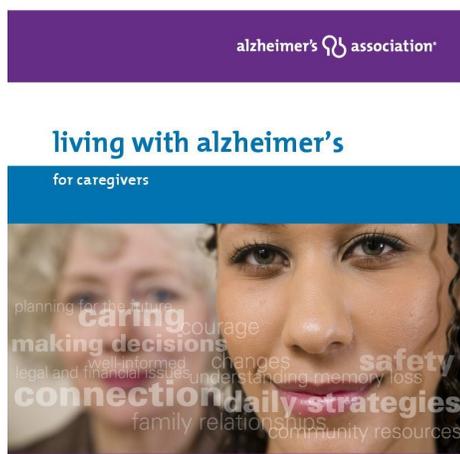
Alzheimer's Support Group  
Lamoille Home Health & Hospice  
in Morrisville  
Third Thursday of the month  
2:00–3:30 pm  
Call Oona Borello  
802-888-4651

ALZConnected  
[www.alzconnected.org](http://www.alzconnected.org)  
The Alzheimer's Association offers an online community offering support: share questions and get solutions; connect with others; join public or private groups focused on topics or shared experiences.

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

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**Living with Alzheimer's?  
Alzheimer's Association Offers Programs This Fall**

**Living with Alzheimer's for People with Alzheimer's** will discuss how to navigate this chapter of your life, effective communication, coping with changes and making decisions, daily strategies & resources.

**Living with Alzheimer's for Caregivers** provides answers to the questions that arise in the early, middle and late stages of the disease. Topics include: developing a care team, legal and financial planning, coping strategies, care and treatment options, communicating, and maximizing independence.

**Living with Alzheimer's for People with Alzheimer  
and Living with Alzheimer's for Care Partners of Persons in Early Stage**

both offered on Saturday, October 19th, 10:00 am - 3:30 pm at Central Vermont Medical Center (CVMC)

**Living with Alzheimer's for Caregivers: Middle -stage**  
Saturday, November 9, 9:00 am - 2:30 pm at CVMC

**Living with Alzheimer's for Caregivers: Late-stage**  
Saturday, December 12, 9am - noon at CVMC

**Please call the Alzheimer's Association at 1-800-272-3900 for more information and to register.**  
Sponsored by Central Vermont Council on Aging.

**Alzheimer's Association**

24/7 helpline  
1-800-272-3900

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

services and support for you  
and your family

**Need a Break?**

CVCOA offers Dementia Care  
& Family Caregiver  
Respite Grants

Call the Senior Helpline  
1-800-642-5119  
for more information

**Taking Care of You: Some Self-Care Tips**

- ◆ Rather than face the anxiety of taking a whole day off, see if you can make arrangements to take an hour or two off.
- ◆ Spend that time any way **you** want, but don't feel guilty about taking time for you.
- ◆ Adopt a mantra: "Taking time for me guilt-free."
- ◆ Think of this as time for you to replenish yourself—your body, your soul, and your spirit.
- ◆ Play music you like—and dance.
- ◆ Wear perfume you enjoy.
- ◆ Be creative at mealtime, try new recipes or spices to make food more appealing.
- ◆ Use fresh produce from your local farmer's market.
- ◆ Dress up or dress down—put on something you love to wear.
- ◆ Call a friend, or better yet, go out together for a walk.
- ◆ Enjoy some quiet time.



"You may not control all the events that happen to you, but you can decide not to be reduced by them."  
- Maya Angelou, *Letter to My Daughter*