



Finding the Balance -

Winter 2013

Caring for Yourself As You Care for Others

The Power of Pause

January and the new year will be well under way before you receive this newsletter. The holidays will be a memory, and the rest of winter still before us.

For many of us, our lofty resolutions to exercise or to eat healthier, so earnestly made, may already be a bit deflated. The once-empty pages of our new calendars already filled with doctor's appointments, work deadlines, and other unavoidable activities. Our promises to take better care of ourselves are already being set aside. And once again we feel overwhelmed by all our responsibilities.

I don't want to be a nag, or add one more thing to your "to-do" list. But I'd like to offer a small suggestion – pause. Yes, just simply pause. Like when you touch the remote control to interrupt the DVD you are watching, and all action on the screen stops.

This simple, yet radical, idea was shared by Marsha with the participants in the *Powerful Tools for Caregivers* class this past fall.

One of the focuses of *Powerful Tools* is to create an action plan to do some activity you want to do for yourself (this is the key—*something you want to do for yourself*) during the coming week. It could be something as simple as taking a bubble bath on Tuesday evening after everyone has gone to bed or going out walking the dog for fifteen minutes on Monday and Wednesday mornings.

One day Marsha said her plan for the upcoming week was to "pause" for a few minutes each afternoon. She explained she received this idea while attending a retreat, and she wanted to give it a try. The point is to stop "doing" for a few minutes, and just "be." That's it.



It's a mini-respite, a break, a Sabbath. You turn away from the all there is to do. You give yourself the opportunity to stop, to let go of responsibilities briefly, to sit still, and to breathe out.

When you rejoin the tumultuous world and pick-up your responsibilities once again, you do so with a refreshed spirit.

"I pause to be surprised, to let the cares of the day be carried away, and to let my soul catch up with my body."

- Terry Hershey,
from
The Power of Pause



Central Vermont
Council on Aging
(CVCOA)
Senior Helpline
1-800-642-5119
www.cvcoa.org

If you prefer to receive your newsletter by email or you would like to be removed from the mailing list, please contact:
Jeanne Kern,
Family Caregiver Support
jkern@cvcoa.org
802/ 476-2671

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
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.

Alzheimer's Association

24/7 helpline
1-800-272-3900

www.alz.org

services and support for you
and your family

A Caregiver's Bill of Rights

I have the right:



To take care of myself. This is not an act of selfishness. It will enable me to take better care of my loved one.

To seek help from others even if my loved one may object. I recognize the limits of my own endurance and strength.

To maintain the facets of my own life that do not include the person I care for, just as I would if s/he were healthy. I know that I do everything that I reasonably can for this person, and I have a right to do some things for myself.

To get angry, be depressed and express other difficult emotions occasionally.

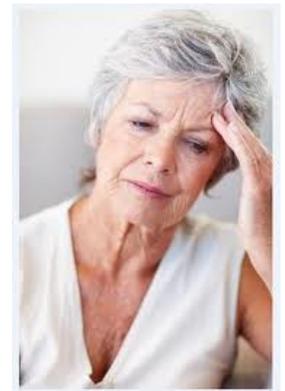
To reject any attempt by my loved one (either consciously or unconsciously) to manipulate me through guilt, anger or depression.

To receive consideration, affection, forgiveness and acceptance from my loved one for as long as I offer these qualities in return.

To take pride in what I am accomplishing and to applaud the courage it sometimes takes to meet the needs of my loved one.

To protect my individuality and my right to make a life for myself that will sustain me when my loved one no longer needs my full-time help.

By Jo Horne,
author of Caregiving: Helping an Aging Loved One



“Worry does not empty tomorrow of its sorrow; it empties today of its strength.” - Corrie Ten Boom

alzheimer's  association®

living with alzheimer's

for middle-stage caregivers



a middle stage education program by the alzheimer's association

In the middle stage of Alzheimer's disease, those who were care partners now become hands-on caregivers. Join us for this 2-part series and hear caregivers and professionals discuss helpful strategies to provide safe, effective and comfortable care in the middle stage of Alzheimer's.

This free 2-part program will explore helpful strategies to provide safe, effective and comfortable care for those in the middle-stages of Alzheimer's

Thursdays, March 14 & 21
5:00 - 8:00 pm
Central Vermont Medical Center, Conference Room 1

Sponsored by CVCOA.

Registration is required.
 Please call the Alzheimer's Association at 800-272-3900 by March 12th to register.

We hope to offer this program at Copley Hospital in Morrisville in the spring.

In Case on an Emergency: What's Your Plan?

When disaster (Tropical Storm Irene) or disruption (you get sick, your in-home help can't come) strike, making a shambles of your carefully constructed caregiving schedule, what's your back-up plan?

Who can you call on in case of a crisis? Which family members or friends might be able to step in and help? How do you reach them? What agencies offer services you could use? What medications, foods or other supplies or documents will you need? What special help might your loved one need if you are not there?

Is all this information available to you if you are away from home? Will someone else be able to access it if you can't be reached?

Now, while things are calm, is the time to sit down to create your emergency plan, to connect with your support network and to begin gathering all the necessary information.

The Calm Before the Storm: Family Conversations about Disaster Planning, Caregiving, Alzheimer's Disease and Dementia

by The Hartford is available at <http://goo.gl/9vnba> or for a print copy call Jeanne at CVCOA at 802-476-2671.





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



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 the

Montpelier Senior Activity Center
58 Barre Street

Wednesdays, March 20 - April 24
5:00 - 7:00 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 or 476-2671.