



Newsletter Update

Center for Family Caregivers

3661 S. Babcock St. Melbourne 32901

321.434.7625 or HFsenior.org

Programs for Caregivers and Loved Ones

Chair Exercise – Please join us for a chair-based exercise class for caregivers and their loved ones **at 2 p.m. every Wednesday** with Pat DeAngelis, RN, BS, LNC. This fun, easy-to-follow format features exercises you can do while sitting down. These are designed to improve muscular strength and endurance, increase flexibility, improve balance and posture and are designed to help prevent falls and encourage socialization. This 45-minute program includes a warm-up session, chair exercises, and a calming cooldown to relax your muscles and recharge your spirit. Light weights and easy stretch bands are provided. RSVP 321.434.7625.

Arts & Crafts – meets from **1:30 to 3:30 p.m. every Thursday**. With the help of our talented volunteer instructors, caregivers and loved ones can create specially themed projects such as greeting cards, gift bags and creative scrapbook pages. Please join us to socialize with others, share memories, create a special art project and just have fun! RSVP to 321.434.7625.

Memories in the Making is a free signature art program by the Alzheimer's Association. It provides early stage Alzheimer's and dementia patients with a forum to express themselves through watercolor painting and drawing. Memories in the Making is led by a trained artist who opens up a world of art in a safe place to reminisce, create and relax. Because there are no mistakes in art, creativity and fun are the primary focus. Caregivers are welcome to attend and participate. Please join us! No art experience is needed to attend, but space is limited. **Classes meet from 10 to 11:30 a.m. on Thursday, August 10, 17, 24, 31, September 7, 14, 21 and 28.** RSVP to: 800.272.3900.

Melodies and Memories – Please join us at **2 p.m. Friday, September 29** for an afternoon of laughter, dessert and lyrics of Oscar-winning songs from yesteryear. This music program is for caregivers and loved ones to enjoy time together, reminisce and in the words of Lawrence Welk "Keep a song in your heart!" The theme for this month is "**And the Oscar Goes to...**" Enjoy an award-winning dessert, songs that won Oscars and scenes from the movies that made them famous! RSVP to 321.434.7625.

September 2017



A few talented caregivers are seen entertaining our audience at our Melodies and Memories music program, singing an old favorite Mr. Sandman. Please join us at **2 p.m. Friday, September 29** for our next music program, "**And the Oscar Goes to...**"



CENTER FOR
**Family
Caregivers**

a service of
HEALTH FIRST AGING SERVICES

Programs for Caregivers and Loved Ones, Continued

A New, Unique Art Class

10 a.m. to noon Wednesday, October 18 and 25

These classes are for caregivers and loved ones together, or for caregivers just to do by themselves. Susan B. Giblin, owner of the South Beaches Gallery & Art Education Center, will present a unique, artistic way to chronicle your life's storyline using symbols, colors, shapes and lines to make one piece of art on a canvas. Join Susan for a morning of art in a fun, relaxed and easy setting as she demonstrates "Life's Path Diptychs," and then creating your personal storyline of your journeys, encounters and the paths you crossed with others. No previous art experience is needed RSVP to 321.434.7625.

MindSet a free class to improve brain health continues from 9:30 to 11 a.m. on Mondays through September 18, Participants must register for the entire series. **Please call 321.434.7614 for information on the next series**, which includes six classes to help exercise your brain, create healthy habits and improve communication. Classes are designed for individuals with early stage dementia or mild cognitive impairment. Care partner participation, such as a family member or friend, is highly recommended. Classes are taught by trained instructors. Each session offers tools for both the person with memory impairment and the care partner, helping to develop thinking strategies that might improve and maintain function over time.

September Programs for Caregivers

"When to Make the Move" and "Having Meaningful Visits" will be held from 10:30 a.m. to noon Wednesday, September 20. This presentation covers two important topics regarding transitionings to a care facility. First, the decisions you need to make when you can no longer provide care at home and second, how to have meaningful visits in a care facility with a loved one with dementia. Get insight on frequently asked questions and practical, basic The program is led by AJ Cipperly, National Director of Memory Care and Training with Validus Senior Living. RSVP to 321.434.7625.

Living Healthy Workshop will be held from 9:30 a.m. to noon on the following Wednesdays: September 6, 13, 20 and 27; and, October 4 and 11. The six-part workshop is designed for those who are looking to take control an ongoing health condition or for those who are caring for someone with chronic health conditions. Learn how to manage symptoms, communicate effectively with healthcare professionals, lessen your frustration, fight fatigue, build confidence, make daily tasks easier and get more out of life. **Call 321.434.4335** to register for this or future classes **starting November 1, January 3, Feb., 21 and April 4.**

Caregiving Essentials

Part 3

10 a.m. to noon

Friday, September 8, 15 & 22

Led by Pat DeAngelis, RN

Class 4: End-of-Life: Session II, Making Difficult Decisions for End-of-Life Care, from 10 a.m. to noon Friday, September 8. This class will help you understand the types of decisions caregivers often need to make when a loved one is in/near an end-stage disease. It also covers common questions that are important to ask your health care team, regarding treatment and what approach to end-of-life care you want for your family member. RSVP to 321.434.7625

Class 5: End-of-Life: Session III, A Panel of Experts – End-Stage Topics, 10 a.m. to noon Friday, September 15 Pat will lead a panel of experts to discuss late and end-stage topics including Brain Bank, DNR forms, Five Wishes, hospice services, grief and bereavement and moving on with strength, hope and peace. RSVP to 321.434.7625

Class 6: Music Stimulation in Patients with Alzheimer's Disease –A New Class, Friday, 10 a.m. to noon September 22. In this class, Pat will discuss how to reach people with Alzheimer's disease through music and how music can empower them to emerge from the isolation imposed by Alzheimer's disease and dementia. RSVP to 321.434.7625



Pat's Caregiving Essentials Training is a signature program of the Center for Family Caregivers and sponsored by the East Central Florida Memory Clinic.

Family Caregiver Support Groups

WEEKLY SUPPORT GROUPS:

- **Caregiver-to-Caregiver Support Group meets 10:30 a.m. every Tuesday** for caregivers caring for someone in advanced stages of dementia or a chronic illness, and for those caregivers transitioning from caregiving after losing a loved one. This group focuses on helping each other face challenges and losses and moving toward more resilient living with understanding, strength and support. Pre-registration is required. Please call 321.434.7625.
- **Coping with Caregiving meets at 10:30 a.m. every Wednesday** and will focus on support for caregivers of loved ones with memory impairment or any chronic illness. Join us for an informal sharing of practical caregiving information and helpful community resources. This weekly support group will focus on successful strategies for coping with the concerns, feelings and responsibilities of being a caregiver. It will be led by Joyce Brang, LCSW, Health First Health Plans and Health First Aging Services.
- **The Empowered Caregivers Support Group meets 11 a.m. on Thursday** allowing those caring for someone with memory loss or any condition to share their journey with others who understand what they are experiencing. This includes group discussions and education. It is led by Alyce Webster, MSW, Health First Aging Services.

MONTHLY SUPPORT GROUPS:

- **Living with Grief:** Living with grief is a universal human experience, and we need support and tools to cope. Join us for an opportunity to listen, share and learn in a group setting. Led by Karen Czarniak, **Bereavement Counselor with Hospice of Health First, at 10:30 a.m. on the first Tuesday of every month.** Please call 321.434.3238 if you are planning to attend for the first time.
- **Stroke & Aneurysm Support Group is held from 5:30 to 7 p.m. on the first Monday of every month in Holmes Regional Medical Center Auditorium.** Survivors and caregivers are encouraged to join Health First's Stroke & Aneurysm support group. Professionals will help you cope and recover in a relaxed environment, where you can discuss your fears, hopes and frustrations. Light refreshments will be served. Please RSVP to 321.434.1752.
- **Melbourne Early Stage Support Group meets from 2 to 3:30 p.m. the first Wednesday of every month** at our Center This is a monthly group designed to provide emotional, educational and social support to people who are diagnosed with early stage Alzheimer's or a related dementia, as well as their care partner. Please call 800.272.3900 with any questions.

Mark Your Fall Calendar for these New Classes Coming in October, November & December:

1. **"It's a Need, Not a Behavior"**
10:30 a.m. Wednesday, October 18
2. **"Good Times Can Roll On – Successful Holiday, Travel and Visits"**
10:30 a.m. Thursday, November 9
3. **"Successful Activities of Daily Living"** 10:30 a.m. Wednesday, December 13.

All three topics will be presented by Carol White, MSW, CDP, CADDCT, Division Dementia Care Manager, Brookdale Senior Living, Inc.

Also Coming in October:

4. **The First Steps** is an interactive five-part education program based on the Alzheimer's Association "Living with Alzheimer's" series, in partnership with the East Central Florida Memory Disorder Clinic. It is designed for newly diagnosed patients in the early stages of dementia and their caregivers. Held from 1:30 to 3:00 p.m. Thursday, October 5, 12, 19, 26 and November 2, RSVP to Sue at 321.434.7614.

Stress Management Techniques for Caregivers

Stress Management Techniques

Take Your Oxygen First

It is important throughout the caregiving journey to monitor our stress levels. When we are overwhelmed but tempted to “just deal with it” without taking concrete steps to reduce our stress, it negatively affects those we care for as well as ourselves. The symptoms of anxiety are the body’s way of letting us know it needs to relax. When our bodies are relaxed, we can cope better with our lives. Learn to deal with stress by practicing the techniques to relax your body and mind regardless of external events. In addition to getting enough rest and relaxation, exercising and following a healthy diet, techniques such as imagery, meditation, and progressive muscle relaxation are effective tools for relieving stress.

Imagery is a potent method of stress reduction, especially when combined with physical relaxation methods such as deep breathing. The idea behind the use of imagery is that you can create a very relaxing situation in your mind, which will settle your anxiety and help you calm yourself. The more intensely you imagine the situation, the more relaxing the experience will be. **Guided imagery** is simply the use of one's imagination to promote mental and physical health. It can be self-directed, where the individual puts himself into a relaxed state and creates his own images, or those directed by others.

September’s Quote:

HOPE

“Hope is the thing with feathers
that perches in the soul and sings
the tune without the words and
never stops at all.”

Emily Dickinson

Meditation is a useful and practical technique for managing stress, with strong psychological and physical benefits. It can help rest your body, allow stress hormones to subside, and occupy your mind so unpleasant, stressful thoughts do not intrude. One of the most common forms of meditation is breath practice, which involves sitting quietly and paying attention to one’s breathing.

Progressive muscle relaxation is useful for relaxing tense muscles and can also help induce a greater state of calm. The idea is that by tensing your muscles first, you are able to relax them more than you would otherwise.

The payoff of managing anxiety: Being free of anxiety doesn’t mean you’re not worrying about your loved one. It means the worry isn’t taking over your life or keeping you from finding the good in all of your hard work. Free from the draining effects of anxiety, you feel more relaxed and calm. You are more capable of handling the surprises and challenges that caregiving throws at you. Sleep isn’t as difficult and a less anxious “you” has a positive effect on the moods of those around you. **(In our next newsletter, we’ll have more information on upcoming classes on Stress Management Techniques to help you relax your mind and body, recharge your spirit and reduce anxiety.)**

Relax and socialize at Arts & Crafts on Thursdays.

