

# Caregiver Corner

... Ideas and information for people caring for others 778-2411

## “Emergency Readiness: A Seminar for Seniors and Their Caregivers”



One of the keys to surviving in an emergency is to be prepared. There are steps you can take ahead of time that will keep you safer. To help learn about the steps a person can take, join the Office for Aging for “Emergency Readiness: A Seminar for Seniors and Their Caregivers” on Wednesday, March 14th from 6-8 PM at the Broome County Library. Our presenter will be Robbie Smolinsky from Action for Older Persons.

Pre-registration is requested. Light refreshments will be served. Please call Andrea Wright in Caregiver Services at 778-2411 with questions or to register.

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## “How to Have a Family Meeting” Materials Available

If you are interested in receiving copies of updated materials on “How to Have a Family Meeting” call Andrea at 778-2411. The packet includes tips on organizing and having a family meeting, siblings and caregiving, where to get help locally, five steps to decision making, and other useful materials.

## Men Making Meals



Would you like to master the mystery of planning meals, following recipes, and have fun while doing it? There are still a few spots available in this popular cooking course for men. “Men Making Meals” runs for 5 consecutive weeks and there is a Wednesday class or a Thursday class. The next Wednesday class will begin on April 11th. The Thursday class will begin on April 12th. The classes will meet in Endwell at the Northminster Presbyterian Church. The classes run from 10:30 AM until 12:30 PM and include lunch. For information or to register call 778-2411. The class sizes are small so register early.

## Caregiver Retreat May 22

Mark your calendar: This year the Caregiver retreat will be held at Brothers 2 Restaurant in Endwell on May 22, from 11-3:30 PM.

## Spring is a good time to rejuvenate



Spring officially starts on March 21st. Pick some tasks that will make your life easier and help you feel good.

Clean a window that is near a chair you use for reading or relaxing. Enjoy watching the signs of spring as they appear.

Plant some seeds and enjoy a small bouquet of flowers to lift your spirits.

Make a list of spring cleaning tasks and when a friend, neighbor or family member asks what they can do to help, share the list with them.

## "Southern Tier Caregivers' Support" - An On-Line Support Group

If you have access to the Internet, and would like to take part in a group from the comfort of your own home, visit *Southern Tier Caregivers' Support*. This message board style group sponsored by Broome County Office for Aging Caregiver Services is available on the Yahoo Groups network. It can be accessed on [www.gobroomecounty.com/community/sccgcrp.php](http://www.gobroomecounty.com/community/sccgcrp.php). You can post messages, read messages, ask questions, or provide answers and you can do it all anonymously if you wish.



## Some Helpful Caregiver Websites

[www.gobroomecounty.com/senior](http://www.gobroomecounty.com/senior)  
Broome County Office for Aging

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

The Family Caregiver Alliance provides resources, information, education and advocacy to sustain the important work of caregivers.

Tip sheets

How to hire an attorney or in-home help

Safety checklist to help maintain a daily routine

Article on how to take care of yourself as a caregiver

Seasonal newsletter (\$)

[www.agenet.com](http://www.agenet.com)

Home safety checklist

Caregiver pointers

Order books and magazines for caregivers

[www.careguide.com](http://www.careguide.com)

Information on types of care

Free newsletter and e-mail updates

Careguide Store

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

This site contains information and resources to help you learn more about being a caregiver and where to find additional help on the Internet and in your community.

[www.alzonline.net](http://www.alzonline.net)

A family's life changes when faced with caring for someone with dementia. Through AlzOnline, a caregiver can find information, education, and support related to the issues of caring for someone with memory problems.

### Empowering Caregivers

[www.care-givers.com](http://www.care-givers.com)

Information, emotional, and spiritual support through columns, articles on caregiving, journal exercises, a newsletter, forums, chats, a healing circle, caregiver and caregiving spotlights, inspiration, and humor.  
212-807-1204

### Quit Smoking for Better Health

Sometimes older people who have been smoking for a long time think it is too late for them to quit, this is not the case. There are many benefits to stopping smoking.

- **20 minutes:** Blood pressure and pulse return to normal.
- **8 hours:** Nicotine and carbon monoxide levels are halved.
- **24 hours:** Carbon monoxide is eliminated and lungs start to clear.
- **48 hours:** There is no nicotine left and taste and smell are improving.
- **72 hours:** Breathing becomes easier and energy levels increase.
- **2-12 weeks:** Circulation improves, making walking and running easier.
- **3-9 months:** Cough, wheezing, and breathing problems improve.
- **1 year:** Risk of heart attack is halved.

To get help to quit, call the New York State Smokers' Quitline at: 1-866-697-8487 or visit the NYS Smokers' Quitsite at [www.nyssmokefree.com](http://www.nyssmokefree.com)

### Stay Connected - Stay Well Booklets Available



It is important for caregivers to maintain friendships that give them joy and the fortitude to be the best caregiver they can be. A new booklet entitled *Stay Connected - Stay Well* - highlights local activities and offers tips on staying socially connected. The booklet, which would be particularly useful for someone just moving to the area, includes contact information for classes, exercise options, volunteer opportunities, and a chart of the transition options. Call Joan at 778-6145 to receive a copy or check it out on the web at [Agingfutures.com](http://Agingfutures.com) and clicking on the Stay Connected -Stay Well icon.

### Living with Chronic Conditions: Managing Your Own Care

Caregivers help keep seniors with chronic conditions well. Take advantage of a new community resource featuring information on chronic illness. The booklet includes information on: Managing Your Team, Learning about Your Condition, Coping Positively with Stress, Exercising for Wellness, Managing Pain, Eating Well, Adapting and Coping, Exercising Your Mind, Attending Support Groups, and Using Community Resources. Find the booklets online at [www.actionforolderpersons.net](http://www.actionforolderpersons.net) and click on Real Choices or call Joan at 778-6145.

## Tips for the Late-Blooming Handywoman

Are you worried about dripping faucets and leaking toilets? Do you want to learn how to change your furnace filters or how to replace electrical switches? If you are unsure of what jobs are worth having someone else do consider this *lunch and learn* class.

Broome County Office for Aging will present "Tips for the Late-Blooming Handywoman" on Wednesday, March 21, from 12-3:30 PM at the Broome West Senior Center. Our speaker will be John Delafield, Home Repair Coordinator for the First Ward Action Council. The material will be

very basic. It's meant to make you more relaxed and confident about common home maintenance or repair. It's never too late to learn!

Lunch will be provided. Pre-registration is required. Please call Andrea Wright in Caregiver Services, 778-2411.

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