



Gaby Solis
Development and Marketing
Manager Highlight

Gaby joined our team on September 10th as our Development and Marketing Manager. A native to Houston, Gaby has over 9 years' experience working and volunteering in the nonprofit sector. She has diverse experience in fundraising, grant writing, development, communications and marketing. Gaby is a member of the Association of Fundraising Professionals Greater Houston Chapter and of the Latin Women's Initiative.

Gaby has a passion for helping people, especially family caregivers. Being a caregiver to three people, including her mom, brother and husband, Gaby says, "I understand the support a caregiver needs while caring for their loved ones. With so many unanswered questions, many caregivers don't know where to look for support. I love working at CarePartners, the programs we offer to caregivers and their loved ones are greatly needed. My goal is to create more awareness for CarePartners so that every caregiver in the Houston area and Waco area, who is caring for a loved one with Alzheimer's, dementia or other challenges of aging, can get the support they need."

Creating Moments with your Loved One

Repeat, Repeat, Repeat

Creating Moments of Joy Along the Alzheimer's Journey / Jolene Brackey

Short-term memory loss allows the person to know only what they see right now. They will repeat the same question, the same story, and the same statement possibly every thirty seconds. Here are some suggestions to help you cope.

Patience, patience, patience: Patience is a virtue, but you're human and will have rough days. Guess what? Every moment is a new beginning.

Distract rather than react: Keep them busy sorting silverware, spare change and socks; folding clothes; peeling potatoes or tangerines; organizing a tool box; winding yarn; sanding a piece of furniture; stacking newspapers/magazines for recycling; rolling ribbon on a spool or folding and re-folding wrapping paper. (Repetitive simple tasks which might remind them of their past and will allow them to feel they are contributing.)

Short, simple responses: "Uh huh." "Okay." "Really?"

Listen: Without judgement. Affirm their conversation whether you agree or even understand what they are saying.

"My mother loves to crochet. The last project was about twenty-three feet long by three feet wide. She's busy and satisfied. She also likes to have her fingernails painted and we can do that over and over."

Repeat, repeat, repeat.....

VOLUNTEERS IN ACTION

“Why do we volunteer with CarePartners?

One word says it all: LOVE, we love our care partners and trust that our volunteering brings nutritious lunches and fun games to our Gathering Place.”

Toni Welsh, Care Team® Volunteer

St. Cecilia Catholic Church

“I started my charity work with hospice years before joining the AIDS team with CarePartners in 1987. My initial focus was a desire to help. My son Brian had AIDS and after his death in 1992 it just reinforced my commitment to the AIDS team and then to the Gathering Place.”

Liz Rector, Care Team Volunteer

St. Cecilia Catholic Church



St. Cecilia's Gathering Place Volunteers: (Back row) Michael, Natia, Toni and Russell (Front row) Liz and Jo

Holiday Recovery

Paraphrased from Recharge by Mary Damiano, and Today's Caregiver

Recovering from the Holidays can be quite the undertaking, sometimes even more of a challenge than the holidays themselves. Here are some simple tips for how RECHARGE in the New Year.

R: Rest. One of the most important things a caregiver can do for the person they're caring for is to take care of themselves. Take a break when you can, even 15-minutes on the back porch can help.

E: Eat right. Take advantage of the New Years hype to start fresh and try to eat healthy things as well. You don't have to adhere to a strict diet but adding in extra veggies and fruits will help.

C: Communicate your needs to others. Keep a list in your wallet or purse of things that you need help with so that, when loved ones ask what they can do to help, you can be specific. When you tell someone something very specific, they're more comfortable doing it, and you'll get the help you need.

H: Hydrate. Drink lots of water. Water hydrates your body and keeps you energized. Add lemon or lime for a refreshing kick.

A: Accept help. Asking for help is one thing, accepting it can be more challenging, but it's one of the best things a caregiver can do for their loved one and for themselves. Remember that the better care and love you show yourself, the more you will be able to care for those who need you.

R: Respite. Caregivers should make a point of getting away sometimes, to take a mini-respite for themselves. Take advantage of the respite provided by CarePartners' volunteers to do something to recharge your spirit - a movie, window shopping, a haircut, or lunch with a friend can do wonders. And you can come back with a renewed sense of purpose.

G: Get enough sleep. This is often the hardest one to manage as caregivers, but sleep is one of the best things we can do for ourselves. Eight hours may be impossible, so try breaking sleep up. Get what you can in one shot, but a short nap can be very refreshing and just the thing you need to get you through the day.

E: Exercise. Walk around the block a few times a day. Try yoga, which will exercise your muscles, yet relax your mind. Meditate. Anything will help.





COMMON GROUND



Common Ground at First Presbyterian, Facilitator Imelda Carrillos

Common Ground is a monthly program offering caregivers emotional support and encouragement. There are two types of support groups available; a memory loss group for those caring for a loved one with Alzheimer's, other dementias or memory loss and a General group that includes all types of caregiving situations.

Common Ground is often offered in conjunction with our Gathering Place program. This allows the caregiver to drop their loved one off at the Gathering Place for fun, engaging activities, while they receive respite, a break from caregiving responsibilities, and support from Common Ground.

Common Ground will have between 5-15 caregivers in attendance and 2 co-facilitators, one that is an experienced facilitator or former counselor, and a caregiver who has gone through the caregiving journey. The session may last between 1-2 hours.

In collaboration with partnering congregations and Nonprofits in Houston and the surrounding areas, Common Ground groups are informal, confidential and offered free of charge.

THE NEED

Family caregivers are crying out for support, encouragement, community, and respite to continue the long journey of caring for loved ones with memory loss. CarePartners would love to have more Common Ground programs in conjunction with our Gathering Place programs. If your Congregation or Nonprofit has its own space, separate from the Gathering Place, to host a Common Ground we would love to be able to serve and support more caregivers.



Larry Kunz and Jerry Spires

Nonprofits and congregations interested in hosting a Common Ground program, please e-mail us at info@carepartnerstexas.org or contact us at (713) 682-5995.

HAPPY ANNIVERSARY!

SEPTEMBER - DECEMBER 2018

Gathering Place, Second Family and Common Ground would not be possible without the support of our wonderful Care Team volunteers. Thank you for all you do to support family caregivers and their loved ones.

COMMON GROUND

First UMC Pearland.....	11
Houston's First Baptist	10
St. John Vianney Catholic	10
Trinity Episcopal Church, Baytown	10
Brentwood Baptist	10
Living Word Lutheran	8
St. Paul the Apostle Catholic	7
Clear Lake Presbyterian	4
Tallowood	4

SECOND FAMILY

Hosanna Lutheran.....	23
St. Anne Catholic - Houston	21
St. Anthony of Padua Catholic.....	19
St. Francis of Assisi Catholic.....	16
Christ The King Catholic Church.....	15
Brookhollow Baptist Church	14
St. Martha Catholic Church	14
St. Ignatius Loyola Catholic	9
Lakewood United Methodist	4
Memorial Drive United Methodist	2

Kingwood United Methodist	2
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GATHERING PLACE

Memorial Drive Presbyterian	26
Memorial Drive United Methodist	26
Grace Presbyterian.....	19
St. Peter's United Methodist Church	18
St. John the Divine Episcopal.....	18
Northwoods Presbyterian Church.....	18
Congregation Emanu El.....	13
Holy Comforter Lutheran	13
Bear Creek United Methodist Church	13
Chapelwood United Methodist	13
St. John Vianney Catholic.....	12
Congregation Beth Israel	12
First United Methodist Church Pearland	12
Kingwood United Methodist Church.....	10
First United Methodist Katy.....	9
Fountain of Praise	9
Clear Lake United Methodist Church.....	8
Congregation Beth Yeshurun	7
First United Methodist Humble.....	7

Clear Lake Presbyterian Church	6
Cypress Bible Church	3
Spring Branch Presbyterian	2
Austin Avenue United Methodist.....	2



EDUCATIONAL OPPORTUNITIES

Workshops and conferences are free to family caregivers and volunteer Care Team members. If you are interested in hosting a Caregiver Workshop or Conference at your congregation, business or organization, please contact our office at (713) 682-5995

CAREGIVER WORKSHOPS

February 9
Woodlands UMC, Woodlands

February 17
Messiah Lutheran, Cypress

March 17
Messiah Lutheran, Cypress

CAREGIVER CONFERENCES

March 2
Gloria Dei, Clear Lake

April 6
St. John the Divine, Houston

April 13
Northwest Assistance Ministries, Houston

Register online to attend www.CarePartnersTexas.org

To volunteer at a caregiver conference or workshop email info@CarePartnersTexas.org

Nonprofits and congregations interested in hosting a CarePartners program, please email or contact us at 713. 682.5995



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