

NOVEMBER 2019

CARELinks



ANNUAL SURVEY

We want to hear from you! Please help us continue to improve our program delivery and volunteer service model by completing the confidential annual survey that was sent to you.

We appreciate your volunteerism and can't THANK YOU enough for all that you do to care for others. We value our continued partnership with you. If you have questions regarding the survey, please contact Tom Breau 713.682.5995 Ext.210 or by email at tbreaux@carepartnerstexas.org.

We ask that you please complete the survey by December 13, 2019.



VOLUNTEER HIGHLIGHTS



"I've been a volunteer for just about five years," Shelley Dimiceli said. "My brother-in-law died of Alzheimer's six years ago and I felt like I didn't do enough for him because I didn't understand it. It just so happened in the church bulletin shortly after the funeral they needed volunteers for the Gathering Place and I just took it as an omen. I started and then I just got to see the people month after month, the care partners, and grew close to them and looked forward to them coming and trying to figure out what would make them happy." - Shelley Dimiceli, St. Cecilia Catholic Gathering Place Volunteer- 5 years

"Sometimes I feel like our seniors are forgotten and so whatever little joy we can bring to them is something we are really committed to doing." - Brenda Stewart, Trinity East United Methodist Church Gathering Place Volunteer- 6 years



"I think one of my favorite things is when we watch people come in are the greetings and the hugs and the smiles, and the hugs and the smiles they keep going all day." - Mary Currie, Clear Lake Presbyterian Church Common Ground and Gathering Place Volunteer- 6 years

Caregiving and the Holidays: from stress to success

FAMILY CAREGIVING ALLIANCE

For many caregivers the holiday season gives rise to stress, frustration and anger, instead of peace and good will. Caregivers may feel resentful towards other family members who they feel have not offered enough assistance. Managing care for someone who has a cognitive impairment may leave caregivers feeling that they will not be able to participate as fully as they would like in family gatherings. Already feeling overwhelmed with caregiving tasks, stressed-out caregivers may view traditional holiday preparations as more of a drain of precious energy than a joy. Following are some suggestions that may help make the holidays more enjoyable for you and your loved ones. Keep in mind that the holidays can, in fact, provide unique opportunities to seek better communication, connection and support from family and friends.

An opportunity for communication

It's hard to know how much to communicate about a loved one's decline in cognitive functioning and personal care needs. Whom do you tell? How much do you tell?

Although it is understandable to have reservations about discussing a loved one's impairments, honest communication about the realities of the caregiving situation offers others the opportunity to respond with assistance. Sharing the truths of your situation may help reduce some of the feelings of isolation and lack of appreciation common in caregivers. Holiday greetings and a brief note

Holiday greetings and a brief note

Some caregivers have had success in writing a brief note describing the person's condition and enclosing it in a holiday greeting card. This can be a nonthreatening way to inform distant or uninvolved relatives about the realities of the caregiving situation. If written in a tone that's not accusatory or guilt-inducing, family members may be more forthcoming with assistance or, at least, have a better understanding of the effort you are putting into providing care.

Let sleeping dogs lie?

It is common for caregivers to be disappointed with family members who they feel are not "pulling their weight" in caregiving responsibilities. If this holds true for you, and your goal is to enjoy the holidays, you must decide how much and when to communicate this disappointment. Consider clearing the air before the holidays or perhaps resolve within yourself to put those feelings on hold, with the intention to discuss the matter after the holiday season passes. In the meantime, enjoy the holiday! Read complete story by [clicking here](#).

How music can help Alzheimer's patients and family caregivers

Mayo Clinic

Research suggests that listening to or singing songs can provide emotional and behavioral benefits for people with Alzheimer's disease and other types of dementia. Musical memories are often preserved in Alzheimer's disease because key brain areas linked to musical memory are relatively undamaged by the disease. For example, music can:

- Relieve stress
- Reduce anxiety and depression
- Reduce agitation

Music can also benefit caregivers by reducing anxiety and distress, lightening the mood, and providing a way to connect with loved ones who have Alzheimer's disease — especially those who have difficulty communicating.

[Click here](#) to read more tips on how to use music to help an individual who has Alzheimer's disease.

Family caregivers are financially penalized for providing care

Rush University College of Nursing

November is National Family Caregiver Month. Currently over 40 million people work as unpaid family caregivers, and as the United States ages this number is expected to increase. The U.S. Census Bureau reports that by 2030 the number of Americans aged 65 or older will exceed 70 million or 20 percent of the population, most of whom will be living with multiple chronic conditions. The number of home-care workers available to provide care is insufficient to meet the demand. As a result, the tasks of care provision fall to family members.

One issue that has gotten far too little attention, however, is that family caregivers themselves are financially penalized for providing care in a variety of ways, some of which translate into increased expenditures for all of us.

Family caregivers, especially women, who comprise the majority of family caregivers-- frequently suffer deterioration in their physical and mental health. This results in increased morbidity, including depression and anxiety, weakened immunity, chronic illness, obesity, and memory loss.

Read the full article by [clicking here](#).

CAREPARTNERS



END OF YEAR CAMPAIGN

CarePartners wants to thank you for your continued volunteer leadership as a CarePartners Care Team® Volunteer. Your commitment and passion to serve family caregivers and their aging loved ones throughout Houston and Waco is so important to our mission. Because of your dedication in **2018 CarePartners was able to provide 111,835 volunteer hours and serve 3,051 families** through our four core programs – Gathering Place, Second Family, Common Ground, and Caregiver Educational events.

One of those families is Janice and Roger pictured above. Roger shares, “We attend several Gathering Place programs a month because they provide an opportunity to socialize for the both of us. Since we moved here from out of state six years ago, we have no relatives or long-term friends in the area. The volunteers at the Gathering Place have replaced them. The Gathering Place program provides a break for me while I know my wife is not only safe, but having fun with loving friends. Weeks without a Gathering Place to attend seem long and empty.”

As the demand for our programs continues to grow, we want to be able to continue providing support, education and respite care, a break from caregiving responsibilities, to family caregivers and their aging loved ones. I’m asking you to join us in reaching those families in need with a year-end gift to CarePartners. With a donation from you today, we will be able to expand our reach of the Care Team® Model, an evidence-based model to train hundreds of more volunteers like yourself who are committed to providing quality care for family caregivers and their aging loved ones. To donate today [click here](#).



SWEET CHARITY 2020

CarePartners’ 33rd Annual Sweet Charity Gala will take place on Thursday, March 26, 2020 at The Junior League of Houston. If you know someone who would like to be a Dessert Vendor, we are currently seeking Dessert Vendors to participate in this great event that will benefit the significant services that CarePartners provides. As a Dessert Vendor we are asking that they will be willing to provide in-kind support in the form of 225 sample bites. The samples they will be providing will be used for taste testing by our guests so they can vote in a contest for “Best Dessert”.

For more information please contact Gaby Solis, Development and Marketing Manager at 713.682.5995 Ext. 212 or by email at gsolis@carepartnerstexas.org

HAPPY ANNIVERSARY!

October-December 2019

COMMON GROUND

Houston's First Baptist Church	11
Trinity Episcopal Church	11
Clear Lake Presbyterian	5
Tallowood Common Ground	5

SECOND FAMILY

Hosanna Lutheran	24
St. Anne Catholic	22
St. Martha Catholic Church	15
St. Ignatius Loyola Catholic	10
Chapelwood United Methodist Church	1

GATHERING PLACE

St. John the Divine Episcopal	19
Clear Lake United Methodist Church	9
Congregation Beth Yeshurun	8
Clear Lake Presbyterian Church	7
FUMC Waco, Austin Avenue Campus	3

If you know of a Congregation or Nonprofit Organization who would be interested in starting a CarePartners program, contact Tom Breaux by email at tbreaux@carepartnerstexas.org or by phone at 713.682.5995.



CONTACT US

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SOCIAL MEDIA

