

JANUARY 2020

# CARELinks



*You are invited!*

We are pleased to personally invite you to the 2020 Sweet Charity gala on Thursday, March 26, 2020, from 6-9 p.m. at The Junior League of Houston, Inc. This year we continue to honor our care partners and YOU, our Care Team® volunteers, for 33 years of volunteer caregiving and service to family caregivers and their loved ones.

During the Sweet Charity gala, we will be thanking 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 and we want to celebrate with you.

This year our Dr. Ronald H. Sunderland Award volunteer recipient is Ann McIntire, Grace



Presbyterian Care Team Leader and our Partnership Award recipient is Congregation Emanu El.

We hope you will join the members of the CarePartners Board of Directors, Houston area individuals and organizations at the 2020 Sweet Charity gala. We look forward to seeing you.

To purchase 50% off discounted volunteer tickets or tables please [click here.](#)

# CARE TEAM VOLUNTEERS AT WORK





# BBB on Seniors: Scammer's Top 10 list

## BETTER BUSINESS BUREAU

From the classics to the innovative, this Top 10 list includes the most popular scams and fraud schemes of the year with some new additions to look out for in the coming months.

**#10 Sweepstakes scam:** You've won a contest! Or the lottery! Or the Publishers Clearinghouse Sweepstakes! All you have to do to claim your prize is to pay some fees or taxes in advance so they can release your prize .... This is not a new scam, but it is a perennial problem.

**#9 Romance scam:** Romance scammers contact their victims through online dating websites, or sometimes Facebook. They will quickly request to communicate outside of the avenue in which you met, either through personal email or text messaging. These scammers will start by asking for a small favor in order to gauge whether the victim will be likely to help in the inevitable emergency that will occur in the future and require a much larger sum of money that they will request be sent by Western Union or Money Gram.

**#8 Secret Shopper jobs:** Scammers use newspaper ads and emails to create the impression that mystery shopping jobs are a gateway to a high-paying job with reputable companies. Also, they often send notices through the mail with a check (fake) included to wire to an unnamed company and to pay you for your first job. If an opportunity is on the up and up, you won't have to pay an application fee or deposit a check and wire money on to someone else.

**#7 Medicare/health care scam:** Someone may call and pose as a Medicare representative to get your personal information, such as your Medicare number. They will bill Medicare for bogus products or services that you never qualified for or in most cases never received. Be sure to keep an eye on your Medicare Summary Notices to catch such errors, abuse, and fraud. Report any suspicious behavior to the Texas Senior Medicare Patrol at 888-341-6187.

**#6 Emergency scam:** This one is sometimes called the "grandparent scam" because it often preys on older consumers. You get a call or email from your grandchild or other relative who was injured, robbed or arrested while traveling overseas and needs money ASAP. Do not send money.

**#5 "Risk-free" trial offers:** You've seen them on the television and Internet: ads or links claiming these "miracle" products will help you lose weight easily, combat wrinkles or whiten teeth. You may be enticed to try these products through a "risk-free" trial offer, however many people fail to look at the fine print where you discover you have only 14 days to receive, evaluate and return the product before being charged \$100 or more for monthly shipments. A tip on free trials: If you have to enter a credit card number for something "free," that's a red flag. [Click here to read more.](#)



**Messiah Lutheran Workshops,**

Cypress

January 19, February 16, March 15, November 8

**Northwest Assistance Ministries Conference,**

Spring

February 22

**Gloria Dei Lutheran Church Conference,**

Nassau Bay

March 21

**Kingwood United Methodist Church Conference,**

Kingwood

March 28

**The Church of St. John the Divine Conference,**

Houston

April 18

**Chapelwood United Methodist Church Conference,**

Houston

Spring

**Trinity Episcopal Church Conference,**

Baytown

May 2

**Christ Church United Methodist Conference,**

The Woodlands

May 16

**Fort Bend Conference**

Summer

**Gloria Dei Lutheran Church Workshops,**

Nassau Bay

September 12, October 10

**Christ the King Church Conference,**

Kingwood

September 26

**St. Luke's United Methodist Church Conference,**

Houston

October 17

**Christ Church United Methodist Conference,**

The Woodlands

November 7

**First Methodist Conference, Waco**

Fall

**Christ the Redeemer Catholic Church Conference,**

Cypress

Fall

# The Benefits of Volunteering

## AGING IN PLACE

Volunteering has social, mental, and physical benefits for people of all ages. But these benefits truly reveal themselves for seniors, who often have more time on their hands, are less physically active, and engage less with the community than the average resident. According to research conducted by multiple outlets, volunteers live longer, and that's because of a culmination of all the benefits we're about to discuss. Let's take a look at some of the reasons:

### Socially Beneficial

One of the biggest difficulties for seniors, especially after retirement, is staying social. Isolation occurs when seniors "have little contact with adult children, other relatives, or friends," according to Forbes. The AARP estimates that up to 17 percent of Americans 55 and older could be isolated from society. Forbes also notes that the main issues that stem from being isolated include a higher rate of mortality, higher medical bills, and greater likelihood of developing an illness. Volunteering can pull seniors out of isolation, even if it's only for a handful of hours a week. Volunteering at events at local religious institutions, parks, and museums are a great way to interact with a wide range of people in the community.

### Good For Your Mental Cognition

As we age, there's an increase in the likelihood of someone developing cognitive issues, other memory loss issues, and motor function diseases. One thing that can help slow the advancements of these diseases is staying active and using your brain. Volunteering provides opportunities to keep conversation flowing, constantly stimulate the brain, and help overall cognitive functions stay active. One study discovered that 70 percent of seniors who were experiencing five or more symptoms of depression saw a decrease in those symptoms after their first year of volunteering. [Click here to read more.](#)

### CarePartners' Volunteer Opportunities

- **Gathering Place Program:** Alzheimer's Care Team® volunteer
- **Second Family Program:** Second Family Care Team® volunteer
- **Caregiver Educational events:** Workshop Presenter, Conference volunteer
- **Common Ground:** Licensed volunteer Facilitator, Co-Caregiver Facilitator
- **Administrative:** Office volunteer
- **Special Fundraising Events:** Sweet Charity, Kentucky Derby volunteer



[Click here](#) to learn more about CarePartners volunteer opportunities.



# CAREPARTNERS

review us on  
**facebook**



## How To Write A Facebook Review

1. Visit CarePartners' Facebook page by [clicking here](#) (make sure you are logged in to your Facebook account)
2. Click Reviews on the left side of the page
3. Click "Yes" in blue under the question "Do you recommend CarePartners?"
4. Write a review
5. Click Post

On behalf of CarePartners, we are pleased to announce CarePartners' annual Kentucky Derby Party on Saturday, May 2, 2020, at 2:30 p.m., at The Heights Villa.

This event benefits CarePartners and celebrates the significant impact our organization has made through volunteer caregiving and transformative programs. We look forward to seeing you as we celebrate CarePartners' 33 years of serving the community.



## SWEET CHARITY 2020



*SWEET CHARITY 2019 BEST DESSERT WINNER  
SARAH SAVORY & SWEET*

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](mailto:gsolis@carepartnerstexas.org)

# New Partnership with HCAAA

We are very excited to announce our continued collaboration with Harris County Area Agency on Aging (HCAAA) to connect family caregivers to available services and resources. The Gathering Place program has attracted the interest and financial support of the Area Agency on Aging by awarding us a contract to help support our Gathering Place program and family caregivers needing respite. The partnerships we value with churches, synagogues and other community-based organizations that provide financial support as well as incredible volunteers like you enable us to provide our 4 programs free of charge.

## Who is eligible to participate?

1. Caregivers residing in Harris County who are not already receiving federally funded HHSC (Health & Human Services Commission) respite or provider services and who do not have a paid caregiver at home are eligible to participate for a 6-month period.
2. Anyone who is currently registered to a CarePartners Gathering Place program and all new referrals will have the option to participate.

## What is the benefit to CarePartners?

To offer CarePartners' four core programs (Gathering Place, Second Family, Common Ground support groups and Caregiver Educational Events) we must secure financial support from a variety of sources to provide our programs free of charge to all families served. We envision the contract received by HCAAA will allow us to increase the number of families served, increase the attendance at each Gathering and expand the number of available Gathering Place locations, as well as provide us with financial support.

**Contact Tom Breaux for more information at [tbreaux@carepartnerstexas.org](mailto:tbreaux@carepartnerstexas.org)**

Valentine's Day is the day we dedicate to showing those in our lives how much we love them. It's a special time that reminds us to let the ones closest to us know that we love them. Family caregivers dedicate their lives to the ones they care for and Valentine's Day is a great time to show a family caregiver they are loved and appreciated. Donate today to honor a family caregiver in your life and in return CarePartners will send them a Valentine's Day Card from you. Thank you for helping us continue to provide education, support and respite to family caregivers and help them continue the journey of taking care of their aging loved ones.



**Click [here](#) to donate and send a Valentine's Day card to a family caregiver.**

# HAPPY ANNIVERSARY!

## January-February 2020

### COMMON GROUND

First United Methodist Church Pearland .....12 years  
 Brentwood Baptist Church .....11 years  
 St. Paul the Apostle Catholic .....8 years  
 Klein United Methodist .....1 year

### SECOND FAMILY

Lakewood United Methodist Church .....5 years  
 Klein United Methodist .....3 years

### GATHERING PLACE

Memorial Drive Presbyterian Church .....27 years  
 Memorial Drive United Methodist Church ..27 years  
 St. Martin's Episcopal .....21 years  
 Grace Presbyterian .....20 years  
 Northwoods Presbyterian Church .....19 years  
 Christ the Good Shepherd Catholic .....15 years  
 Chapelwood United Methodist Church .....14 years  
 First United Methodist Church Pearland .....13 years  
 First United Methodist Church Humble .....8 years  
 St. Stephen's United Methodist .....5 years  
 Trinity East United Methodist Church .....5 years  
 Cypress Bible Church .....4 years  
 Spring Branch Presbyterian .....3 years  
 Fort Bend Seniors .....1 year



**If you know of a Congregation or Nonprofit Organization that would be interested in starting a CarePartners program, contact Tom Breaux by email at [tbreaux@carepartnerstexas.org](mailto:tbreaux@carepartnerstexas.org) or by phone at 713.682.5995.**



### CONTACT US

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**SOCIAL MEDIA**

