

MAY 2020

CARELinks



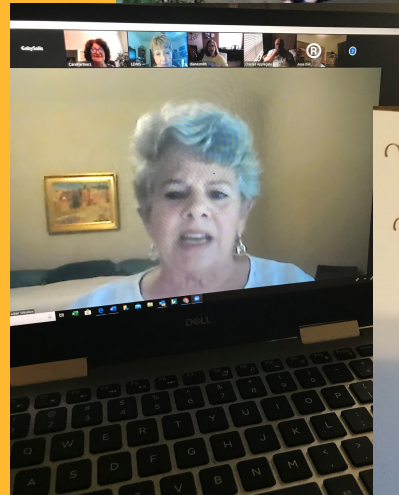
THANK YOU!

CarePartners joins the community-wide and nationwide effort to slow down the spread of COVID-19 by canceling all in-person related programs, activities and fundraising events through May 31st. This includes Gathering Place, Second Family, Common Ground and Caregiver Education in-person Events.

We want to thank all of our Volunteers who have joined with us and help us continue to fulfill our mission to serve family caregivers who are caring for loved ones with memory loss and other challenges due to aging through our three priorities: Support, Education and Resources, during this time of uncertainty.

Our volunteers have been helping us deliver Caregiver Activity Kits to family caregivers. These Caregiver Activity Kits were made possible by a generous grant from H-E-B and support from AARP Texas and Home Care Assistance. Nearly 400 Caregiver Activity Kits were delivered and they included puzzles, word search and other activities. Our volunteers have also been leading our Common Ground Tele-Conference Zoom calls on Tuesdays and Thursday, calling and sending sweet notes to all of our clients, checking in on them and even stopping by for a porch delivery of baked goods. We truly appreciate your support and most importantly our family caregivers and care partners appreciate it and feel cared for during this COVID-19 pandemic.

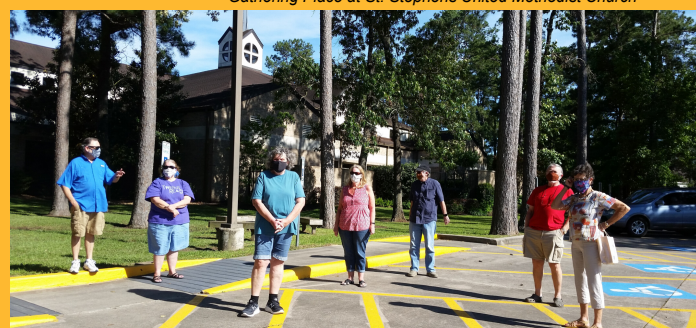
*Susan Herndon Care Team® Volunteer at
St. John Vianney delivering Caregiver Activity Kits*



Common Ground Tele-Conference Zoom Call

*We are thinking of you!
We miss you and can't
wait to see you again!
Prayers & Blessings
The Gathering Place
Volunteers
St. Stephen's
United Methodist Church*

*Special note to sent to all family caregivers that attend the
Gathering Place at St. Stephens United Methodist Church*



*Volunteers from our Second Family program at Lakewood United Methodist
Church singing hymns and enjoying social visit with their care partners*

CarePartners COVID-19 Response

CarePartners aims to continue to fulfill our mission through our three priorities: Support, Education and Resources.

SUPPORT

CarePartners is offering a [Common Ground Tele Conference by Zoom](#) that is available for family caregivers seeking emotional support and encouragement. Tele-Conference are held twice per week on Tuesdays at 10 AM & Thursdays at 2 PM.

In-Home Gathering Place Guide: We at CarePartners know how hard it can be for family caregivers and their loved ones to not be able to attend their favorite CarePartners' Gathering Place program, a 3.5-hour program where caregivers receive respite, a break from caregiving responsibilities, while their loved ones participate in planned activities such as games, music, arts, crafts, lunch and socialization. So, we are providing an entire In-Home Gathering Place Guide that will be updated weekly and that family caregivers can view or print from home to help keep your loved ones and themselves engaged and entertained.

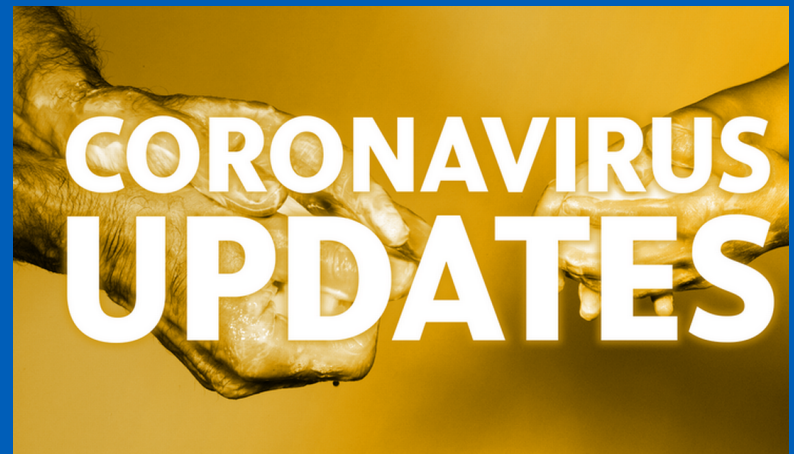
We are also providing an [Online Activities Calendar](#) filled with fun crafts and stay-at-home activities for family caregivers and their loved one. It is also filled with information on resources and online live events from CarePartners

EDUCATION

CarePartners is also offering Caregiver Educational Event as "Hot Topics" available live and pre-recorded on our [Facebook Page and YouTube channel](#). These Caregiver Educational Events will keep family caregivers and their loved ones active at home and provide them with resources during this time. Our goal is to bring family caregivers educational, helpful and relevant information about how to better care for themselves as a caregiver, and their loved one with memory issues or other challenges of aging.

RESOURCES

CarePartners created a [web page](#) to provide community resources to help connect older adults to local information and resources through the Coronavirus pandemic. Stay up to date and click here to view it.



CAREPARTNERS



Follow us on social media to stay-up-to date with us!

1. Like and follow our Facebook page by [clicking here](#)
2. Like and follow our Instagram page by [clicking here](#)
3. Follow us on Twitter by [clicking here](#)
4. Subscribe to our YouTube Channel by [clicking here](#)
5. Follow us on our LinkedIn page by [clicking here](#)

CarePartners' annual Kentucky Derby Party has been rescheduled for Saturday, September 5, 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' 34 years of serving the community.



WE WANT TO HEAR FROM YOU!



We think about you and your family on a daily basis and would love to hear from you. In an effort to stay connected and informed. Let us know how you are doing and how you are staying connected with family and friends, what is helping you cope and if there is any additional support that CarePartners can provide.

Email us at info@carepartnerstexas.org. We would love to hear your stories and see your pictures of all the fun activities you're doing while at home during this time of social distancing. In addition, although our office is closed at this time, our staff team continues to work remotely and is available by email or you are welcome to call us at 713-682-5995.

Encouraging older adults to stay active and safe during the coronavirus pandemic

NATIONAL COUNCIL ON AGING

It is important to encourage older adults to stay active and maintain gains in strength, balance, and flexibility that reduce fall risk, strengthen the immune system, and improve quality of life. Older adults may be concerned about their safety as they prepare to exercise at home, but research has shown that the risks of exercise at home are no greater than exercising in a group setting. Use these tips and resources when communicating with older adults about the importance of staying active during this time.

- Encourage activity! If older adults are already engaging in outbreak-appropriate physical activity, tell them to keep it up! Exercise is key to healthy aging. It's important to keep exercising to strengthen their immune systems and maintain their fitness. The National Physical Activity Guidelines recommends engaging in 150 minutes of moderate-intensity physical activity a week.
- Sit Less. Move More. Use this [infographic](#) to help older adults identify ways to move more and sit less during the day. For example, get up during every commercial on TV and do an active chore or march in place. If possible, taking a walk outside is a great way to stay active and enjoy the benefits of fresh air and sunshine.
- Move Your Way. If older adults are too busy for exercise, they can get stuff done and stay physically active at the same time. Physical activity isn't a chore if you make chores physical activity! Use this [infographic](#) and [video](#) for tips on how to make everyday tasks more energetic.
- Practice all 4 types of exercise: Use this [infographic](#) to remind older adults to practice all 4 types of exercise for the most benefits. Offer examples of each type of exercise for endurance, strength, balance, and flexibility.
- Stay Safe during exercise: Exercising at home, with appropriate exercises and guidance, is generally safe and healthy. Offer reminders to help older adults to stay safe such as:
 - Listen to your body. Always warm up before exercising and cool down afterward. Gauge your level of effort with the "talk test". You should be exercising at a level that allows you to talk, but not sing.
 - Be aware of your environment. Make sure you are in reach of a counter, back of a couch, or a sturdy chair that is pushed up against a wall in case you lose your balance and need to hold on to something. It may also be helpful to put a chair/couch behind you in case you need to sit or lose your balance.
 - Hydrate. Drink water before, during, and after exercising, even if you don't feel thirsty.
 - Wear appropriate shoes and clothing. Choose shoes that are made for the type of activity you want to do and choose clothes that work with your activity and the temperature of your environment.

[CLICK HERE TO READ MORE.](#)

How Much is Enough? Healthy Eating Tips for Seniors

Lisa Milliken, MA, CCC-SLP, FNAP, CDP, Education Specialist, ASHA CE Administrator discusses healthy eating for seniors, the different food groups and recommended daily eating patterns. *"We need to focus on being the most healthy, and making sure our heart and our brains and all of our organs are working correctly and we're not getting chronic disease like diabetes and heart disease and different things,"* Lisa said. *"To do that, our nutrition requirements change a little bit as we get older."*

One way to improve your nutrition is use spices and herbs instead of salt. Try to avoid high sodium food, especially those that come in packages, and sliced fruits and vegetables can make great snacks. It's important to speak with your physician about what types of foods and hydration is right for you if you have any medications that can affect your appetite. Dairy is important in everyday nutrition. Some recommend drinking three glasses of fat-free or low-fat milk each day, but there are other ways of getting your dairy. Yogurt, smoothies, protein drinks, hard cheese, and if you can't do dairy there are lactose free options. Drinking water is one of the best things for your brain and body, as well as consuming foods with vitamin B12. B12 can be found in fortified cereal, but you can also get it in lean meat, eggs or nuts.

[Click here](#) to read more and to view her "Hot Topic" video on our blog.

New Partnership with Find Houston Senior Care.com

CarePartners and Find Houston Senior Care have partnered together to bring information and resources to Houston area families. Together we will be partnering to offer an Online Caregiver Conference Series starting May 11-14th. This series of 5 LIVE ONLINE Conferences will be offered to help educate and inform the public about a variety of topics. [Click here](#) for more information.

Find Houston Senior Care was born out of my desire to make life easier for caregivers like myself. I wanted a website where I could navigate easily and find the resources I needed. And I wanted to be able to contact companies directly. ~Kathryn Watson, Find Houston Senior Care President

HAPPY ANNIVERSARY!

March-May 2020

COMMON GROUND

Grace Presbyterian Church	12 years
Woodlands Community Presbyterian Church	12 years
Clear Lake United Methodist	9 years
Champion Forest Baptist	1 year

SECOND FAMILY

St. John the Evangelist Catholic	17 years
St. Paul the Apostle Catholic	12 years
Christ the Good Shepherd	3 years

GATHERING PLACE

St. Cecilia Catholic Community	15 years
Cypress United Methodist Church	14 years
St. Rose of Lima Catholic Church	14 years
St. Paul the Apostle Catholic Church	13 years
First Presbyterian Church-Pasadena	12 years
Friendswood United Methodist	10 years
Lakewood United Methodist Church	9 years
Mamie George Community Center	1 year



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



CONTACT US

WEBSITE www.CarePartnersTexas.org

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PHONE 713.682.5995

SOCIAL MEDIA

