

## CarePartners is Delivering Hope

### **Norma Jean, Family Caregiver**

"The Caregiver Activity Kits are a great idea! Finding things to keep my husband involved and busy has been my biggest challenge during this in-home period. You are all so appreciated all the time, and even more so for this loving bonus."

### **Virginia, Family Caregiver**

"While I live quite confined, but independently, in a senior community, my husband is more isolated in a memory unit in the same facility. The memory unit has sadly ceased all special activities for all the residents. My husband can still enjoy many things, even while his dementia increases. I look forward to the gift as it will please him. I will use Google Duo to join him and do some of the things together. I was running thin on new ideas to help at this difficult time. It will be put to good, good use. Thank you again."

### **Francoise, Caregiver to Her Husband**

"What a nice surprise! He was just delighted, and he is enjoying several of the activities. It is so comforting for me to know that in these perilous times we are not forgotten. Your kindness goes a long way and we are both looking forward to the day we can meet again."



TESTIMONIALS CONTINUED

## HELPING FAMILIES CARE FOR LOVED ONES WITH ALZHEIMER'S DURING PANDEMIC

WRITTEN BY ANAYELI RUIZ (KHOU NEWS)

Caring for a person with Alzheimer's is difficult and demanding, but is even more difficult during this pandemic. With the extra precautions people are taking, help is not readily available for the vulnerable population.

"I feel like I have a toddler. I basically do. I can't leave him anymore he will wander off. He has to go with me everywhere," Sherry Roberts said.

Sherry is talking about her husband of 43 years, Mark Roberts. He was diagnosed with Alzheimer's 7 years ago.

"The hard thing right now is, he has a short attention span. I can tell him something and he will forget it within minutes," Sherry said. During the COVID-19 pandemic, things have only gotten harder for Sherry. She's been isolated with her husband for weeks carrying the load without any help from friends and family.

"The day-to-day responsibilities become



overwhelming," Sherry said.

A local organization called CarePartners has been able to offer her and other families support when they need it the most. The nonprofit organization provides free support groups and activities for individuals dealing with memory loss or the challenges of aging. But they have had to change their approach and are doing most things virtually. They are still making phone calls and delivering care packages.

"Throughout this crisis, we know they are living on a deserted island with very little

support because they are the most vulnerable population," said Jenna Dhayer, with CarePartners.

And even though caring for her husband is a difficult task, Sherry is grateful for organizations that continue to help.

"They are the support that we need to get through this. You need to feel that other people care for you and they definitely are," Sherry said.

[Click here to read the whole article.](#)

# How Parkinson's and Alzheimer's Affect the Body and Brain Differently

BY CHERYL POPP, HOME CARE ASSISTANCE



Alzheimer's and Parkinson's are both neurological illnesses. Both diseases are caused by damaged brain cells. Both conditions can involve dementia, as well as depression, anxiety, and sleep disturbances. Both conditions can lead to psychotic symptoms such as delusions and hallucinations.

While Alzheimer's and Parkinson's share certain causes and effects, the two diseases are different. They impact the brain and progress in different ways. Both disorders affect people differently, manifest themselves differently, and progress at different rates.

I had a father with Parkinson's

and a mother with dementia. My experience was that the Parkinson's progressed at a slower rate and was more motor-related than mental.

My father experienced tremors, as well as changes in his walking and facial expressions. But his cognitive ability was relatively intact up to the very last stages of the disease. My mother's dementia made her feeble and uncertain on her feet, but she remained active and mobile, even as her cognitive ability declined.

## What is Parkinson's?

Parkinson's affects brain cells that produce dopamine, an

important brain chemical involving nerve cell communication. Dopamine lives in a part of the brain called the substantia nigra, a structure in the middle of the brain that plays a role in reward in movement.

While there can be cognitive issues associated with Parkinson's, there are usually more physical issues. These can include tremors, changes in posture, as well as changes in walking patterns and facial expressions.

Parkinson's disease causes problems with motor coordination, especially initiating movement, consecutive movement, and slowness of movement.

[CLICK HERE TO READ THE FULL ARTICLE](#)



# Caregiver Wellness, Stress Management and Resources

“Think about those things that bring you joy,” said Erial Green, Caregiver Support Specialist at BakerRipley. “I know it’s very hard, because a lot of the times we are thinking about all the things we lost and can’t do, but I encourage you to think about the opportunity. Think about all the things you haven’t been able to do in awhile that you might be able to do.”

Finding joy can be found in the scent of candle, listening to music, laying in a hammock or going for a walk. We are encouraging everyone to try and find something positive to focus on in their own lives.

“I think this is a great opportunity for us to connect online, especially for caregivers, because there are some times when you just can’t get out of the house. It doesn’t even have

to be COVID-19 going on. It’s just because of your caregiving or your geographic location.”

Erial leaves us with these three tips:

1. Find something you like to do. Start Small.
2. Create a space that relaxes you that’s away from others.
3. Change your mindset and understand that we can’t control everything. Focus on how you react and how to make the best of a situation.

[Click here](#) to watch the Wellness and Stress Management video segment on our blog.



## HOT TOPICS

LIVE on CarePartners'

[www.CarePartnersTexas.org/caregiver-resource-videos](http://www.CarePartnersTexas.org/caregiver-resource-videos)

Visit our [Facebook](#), [YouTube](#) channel or [website](#) for 20 minute "Hot Topic" live segments featuring professional speakers covering a wide range of topics, as well as answering your questions. These are short presentations on caregiver education, information and helpful resources.



How Much is Enough? Healthy Eating Tips for Seniors



Music Therapy and the Brain



Grief and Caregiving



# ONLINE CAREGIVER CONFERENCE SERIES

In partnership with Find Houston Senior Care

## You Have Questions- Our Experts Have Answers

### Attend FREE!

**Everything You Need To Know  
About Dementia**

**8 Experts - 2 Days**

**to**

**Give You The Answers and  
Resources You Need**

**June 26th-27**



Not able to attend?

Just RSVP- And We Will Send You The Replay



## 8 Experts - 2 Days to Give You the Answers and Resources You Need

This conference will feature speakers that have advice and strategies that can help you care for someone with Dementia. You have questions and our experts have answers.

### Sessions include:

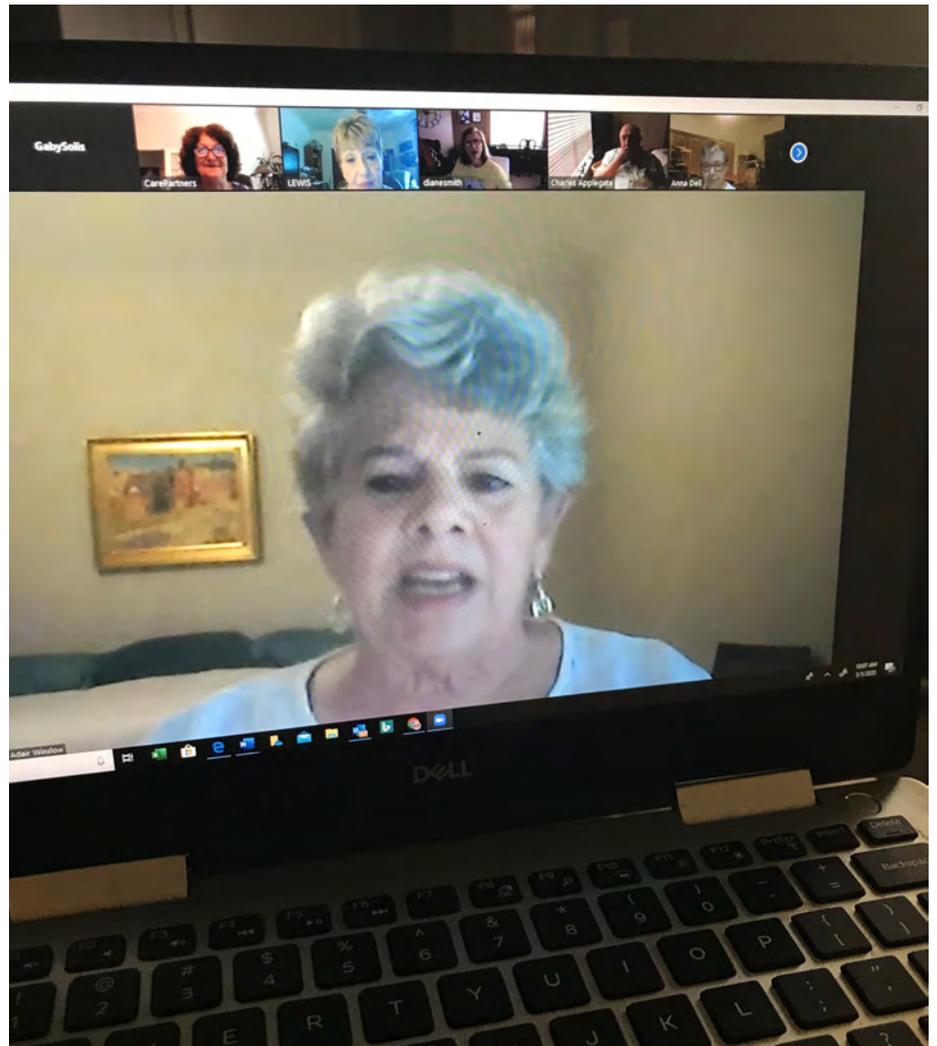
- The Dementia Action Plan
- Navigating the Guilt of Dementia
- How Do I Know When to Move Someone with Dementia into Memory Care
- Bathing and Other Dementia Behaviors
- Living with Dementia During the COVID-19 Pandemic
- Understanding Symptoms of Alzheimer's
- Prepare to Care: Caregiving 101
- Hospice and Dementia
- Caring for the Caregiver

# Common Ground Support Group Zoom Meetings

During this time we are not offering in-person Common Ground, but are offering Common Ground through tele-conference via Zoom.

Common Ground tele-conference is available if you are a family caregiver seeking emotional support and encouragement. To join in on either meeting on Tuesdays at 10:00 a.m. CST or Thursdays at 2:00 p.m. CST please follow the link below.

[Click here for more information.](#)



"Thank you for your love, sharing and caring. We love your cards and calls. We have enjoyed the care package with all the activities in it. Hope the Gatherings are together again soon. Thanks." - Paula and Dean

## Online Activity Calendar

CarePartners is also providing an Online Activities Calendar filled with fun crafts and stay-at-home activities for you and your loved one. The Online Activities Calendar is updated weekly. Visit [our website](#) for more information.

**In-Home Activities for Family Caregivers June 1-7**

MUSIC MONDAY	COOKING TUESDAY	WORKOUT WEDNESDAY	CRAFTY THURSDAY	FUN TIME FRIDAY	LEARNING SATURDAY	SELF-CARE SUNDAY
						
PBS released several new performances that you can enjoy for free. Musicals, Plays, and Singers galore! <a href="#">Click HERE.</a>	Here is a great alternative to the potato chip! Check out these Parmesan Zucchini Crisps. <a href="#">Click HERE.</a>  Elder Law Attorney Angela Odensky joins us for part two of an "Intro to Medicaid" live on <a href="#">Facebook</a> and <a href="#">YouTube.</a>	Enjoy these 18 different chair exercises for stretching and strength. <a href="#">Click HERE.</a>  AARP Texas is discussing their tips for "Caregiving From a Distance" live on <a href="#">Facebook</a> and <a href="#">YouTube.</a>	This website is an amazing resource for dozens of age appropriate crafts. <a href="#">Click HERE.</a>  How and When to Enroll in Medicare with Stephanie Salcedo, Secure Your Legacy, live on <a href="#">Facebook</a> and <a href="#">YouTube.</a>	The Jane Goodall Institute – Improving the lives of people, animals & the environment. <a href="#">Click HERE</a> to learn more.	We may not be able to travel to NYC but we can still explore the famous Statue of Liberty. <a href="#">Click HERE.</a>	Start today with a 10 minute guided meditation to help you relax and center yourself for what life will bring. <a href="#">Click HERE.</a>

Common Ground (support group for family caregivers) Tele-Conference on Tuesdays at 10 a.m. and Thursdays at 2 p.m. For more resources or if you missed one of our Facebook LIVE videos, [Click HERE](#) to view them. Follow CarePartners on [Facebook](#), [YouTube](#), and check [www.CarePartnersTexas.org](http://www.CarePartnersTexas.org) for updates.



Sweet Charity was canceled in March due to COVID-19. We are excited and pleased to announce that we will be holding Sweet Charity online as a live virtual event to honor our volunteers, partners, caregivers and their loved ones while raising awareness and support to help advance our mission.

# *Celebrating 33 years of Volunteer Caregiving*



**JOIN US ONLINE!**

**Thursday, June 11th at 12:00 p.m.**

Tune in to our [Facebook](#), [YouTube Channel](#) or our [website](#) to join us for this virtual event.

Please RSVP by sending an email to [info@carepartnerstexas.org](mailto:info@carepartnerstexas.org) and let us know you are going to be attending virtually with us. Also, please help spread the word and share this event with your family and friends.

[www.CarePartnersTexas.org/SweetCharity2020](http://www.CarePartnersTexas.org/SweetCharity2020)

# Your Donation Makes a Difference!

CarePartners is a nonprofit, volunteer led organization and we are so proud to be able to offer all of our programs and events at no cost to participants. We rely on donations to provide our life changing programs now more than ever. CarePartners is committed to continue fulfilling our mission to serve our Care Team® volunteers and family caregivers who are caring for loved ones with Alzheimer's, dementia and other challenges of aging through our three priorities; Support, Education and Resources.

A gift from you today will make an immediate impact on our ability to continue to fulfill our mission to serve our more than 3,660 family caregivers during this time of uncertainty and stay-at-home order. We thank you for your support.

To support CarePartners with a donation today, [click here](#).



## Randalls' Good Neighbor Program

The grocery shopping you already do can benefit CarePartners through Randalls' Good Neighbor Program. Fill out this form with the CarePartners' number 1742, and take it to any Randalls store to link it with your existing Remarkable Card.

## Kroger's Community Rewards Program

The grocery shopping you already do can benefit CarePartners through Kroger's Community Rewards Program. Visit their website to set up your account, enroll and select CarePartners as your community partner. Just search for us by name or by using code YK533.



## Amazon Smile

Visit [smile.amazon.com](https://smile.amazon.com) set up your account and select CarePartners as your charity of choice. When you shop, your prices on Amazon won't change and a portion of every purchase you make will be given to CarePartners.

Follow us on social media

