



Debbie Godfrey

CarePartners Coordinator Highlight

Debbie joined our team on June 1 as a full-time coordinator responsible for 16 CP programs/care teams. "I love working at CarePartners and know without a doubt that God opened this door for me to be here because this is where my lifelong passion of making a difference in people's lives is being fulfilled every day. It is obvious that our care partners, caregivers and the families we serve through our four programs benefit them socially, physically, mentally, emotionally and spiritually. I love to see our care partners and their caregivers dancing, smiling, singing, and having fun. Through this ministry, I am fulfilling my calling and I feel truly blessed every day to be doing what I love to do."

"I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel." Maya Angelou

"I believe that every human mind feels pleasure in doing good to another."

— Thomas Jefferson



Taking Care of YOU: Self-Care for Family Caregivers

Family Caregiver Alliance® National Center on Caregiving

First, Care for Yourself

Caring for yourself is one of the most important—and one of the most often forgotten—things you can do as a caregiver. When your needs are taken care of, the person you care for will benefit, too.

Effects of Caregiving on Health & Well-Being

We hear this often: "My husband is the person with Alzheimer's, but now I'm the one in the hospital!" Such a situation is all too common. Older caregivers are not the only ones who put their health and well-being at risk. If you are a baby boomer who has assumed a caregiver role for your parents while simultaneously juggling work and raising adolescent children, you face an increased risk for depression, chronic illness, and a possible decline in quality of life. But despite these risks, family caregivers of any age are less likely than non-caregivers to practice preventive healthcare and self-care behavior. They report: Sleep deprivation, Poor eating habits, Failure to exercise, Failure to stay in bed when ill, Postponement of or failure to make medical appointments for themselves.

"What good will I be to the person I care for if I become ill? If I die?"

Taking Responsibility for Your Own Care

You cannot stop the impact of a chronic or progressive illness or a debilitating injury on someone for whom you care. But there is a great deal that you can do to take responsibility for your personal well-being and to get your own needs met.

Identifying Personal Barriers

Many times, attitudes and beliefs form personal barriers that stand in the way of caring for yourself. Not taking care of yourself may be a lifelong pattern, with taking care of others being an easier option. However, as a family caregiver you must ask yourself: "What good will I be to the person I care for if I become ill? If I die?" Breaking old patterns and overcoming obstacles is not an easy proposition, but it can be done—regardless of your age or situation. Because we base our behavior on our thoughts and beliefs, attitudes and misconceptions like those noted above can cause caregivers to continually attempt to do what cannot be done, to control what cannot be controlled. The result is feelings of continued failure and frustration and, often, an inclination to ignore your own needs. Ask yourself what might be getting in your way and keeping you from taking care of yourself.

VOLUNTEERS IN ACTION

“I love my volunteer work with CarePartners’ Gathering Place, it is the most fun, rewarding and impactful experience. Care Partners are able to spend a fun filled morning just “being themselves”, while their caregiver gets a 3-hour break. Preparing for each Gathering Place is worth it when you see Bob sing his favorite song, Paul sharing World War II service stories, Nikki’s joy from doing crafts, or Homer’s concentration while picking out a bingo prize that he always gives to his daughter. We feel blessed to be able to touch the lives of family caregivers and their loved ones during this part of life’s journey.”

Heidi Fallon, Volunteer Care Team®
Leader Kingwood United Methodist



Kingwood United Methodist Lunch crew Jane Milligan, Gail Ireland, Betsy Woutas

Art and Music

Alzheimer’s Association

Music and art can enrich the lives of people with Alzheimer’s disease by allowing for self-expression and engagement.

Music can be powerful. Studies have shown music may reduce agitation and improve behavioral issues that are common with Alzheimer’s disease. Music provides a way to connect, even after verbal communication has become difficult.

Use these tips when selecting music for a person with dementia:

- Identify music that’s familiar and enjoyable to the person.
- Choose a source of music that isn’t interrupted by commercials, which can cause confusion.
- Use music to create the mood you want. For example, a tranquil piece of music can help create a calm environment, while a faster paced song may boost their spirit and evoke happy memories.
- Encourage movement (clapping, dancing) to add to the enjoyment.
- Avoid sensory overload; eliminate competing noises by shutting windows and doors. Make sure the volume of the music is not too loud.

Art projects can create a sense of accomplishment and purpose. They can provide the person with dementia an opportunity for self-expression. When planning an art activity for someone with Alzheimer’s, keep these tips in mind:

- Keep the project on an adult level. Avoid anything that might seem childlike.
- Build conversation into the project. Provide encouragement, discuss what the person is creating or reminiscing.
- Help the person begin the activity. If the person is painting, you may need to start the brush movement. Most other projects should only require basic instruction.
- Use safe materials. Avoid toxic substances and sharp tools.
- Allow plenty of time, keeping in mind that the person doesn’t have to finish the project in one sitting.

Music and art can enrich the lives of people with Alzheimer’s disease by allowing for self-expression and engagement.





CarePartners Volunteer of the Year award is presented to a Care Team® volunteer whose service reflects exemplary dedication and whose caregiving personifies the spirit of Dr. Ronald H. Sunderland, co-founder. This year during our Sweet Charity Fundraising Event in April we honored two wonderful volunteers, Beverly Donaldson, Brentwood Baptist Church and Heidi Clark, St. Paul the Apostle Catholic Church. Both have a beautiful smile and a heart for serving family caregivers and their loved ones with memory loss.

VOLUNTEERS OF THE YEAR

— Dr. Ronald H. Sunderland Award —

Each year at our Annual Fundraising event we will honor 1-2 volunteers who are a part of a Care Team. We look forward to honoring the caring work of our volunteers.



Josh Weber, Beverly Donaldson and Jenna Dhayer



Josh Weber, Heidi Clark and Jenna Dhayer

Partnership Award



Reverend Dr. Alf Halvorson & Reverend Dr. Rick Myers

CarePartners recognized Memorial Drive Presbyterian Church during our Sweet Charity Fundraising event as our first ever Partnership Award Honoree. In 1988 MDPC, alongside many wonderful, dedicated volunteers supported an AIDS Care Team and in 1993, the first Gathering Place was born. As well, MDPC has had a Second Family program for 19 years. Special recognition was given to Reverend Dr. Rick Myers who served as the Pastoral liaison for 12 years. We are grateful for the ongoing support of Reverend Dr. Alf Halvorson, and MDPC congregation, community and volunteers who serve on a Care Team.

HAPPY ANNIVERSARY!

JANUARY - AUGUST 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

Grace Presbyterian Church	10
Woodlands Community Presbyterian Church.....	10
First United Methodist Church, Pearland.....	10
Woodlands United Methodist Church	10
First Presbyterian Church, Pasadena.....	10
Brentwood Baptist Church	9
Clear Lake United Methodist Church.....	7
St. Paul the Apostle Catholic Church.....	6
Lakewood United Methodist Church.....	5

SECOND FAMILY

Trinity United Methodist Church.....	24
Holy Comforter Lutheran Church.....	20
Memorial Drive Presbyterian Church	19
St. John the Evangelist Catholic Church	15
Christ The King Catholic Church	14
Independence Heights Asst. Ministry.....	12
Messiah Lutheran Church, Cypress	10
St. Paul the Apostle Catholic Church.....	10
Lakewood United Methodist Church.....	3

Grand Lakes Presbyterian Church	2
Kingwood United Methodist Church	1
Christ the Good Shepherd Catholic Church	1
St. Paul Lutheran Church, Columbus	1

GATHERING PLACE

Brentwood Baptist Church.....	25
Memorial Drive Presbyterian Church.....	25
Memorial Drive United Methodist Church.....	25
Zion Lutheran Church.....	25
South Main Baptist Church, Pasadena.....	23
First Methodist Church, Conroe.....	19
St. Martin's Episcopal Church.....	19
Grace Presbyterian Church	18
Northwoods Presbyterian Church.....	17
Woodlands Community Presbyterian Church.....	15
Epiphany of the Lord Catholic Church	13
Christ the Good Shepherd Catholic Church	13
St. Cecilia Catholic Church.....	13
St. Francis Episcopal Church	13
Cypress United Methodist Church.....	12
Chapelwood United Methodist Church.....	12

St. Charles Borromeo Catholic Church	12
St. Rose of Lima Catholic Church.....	12
Klein United Methodist Church	12
First United Methodist Church, Pearland.....	11
St. Paul the Apostle Catholic Church.....	11
The Woodlands United Methodist Church.....	11
First Presbyterian Church, Pasadena.....	10
Houston's First Baptist Church	10
Living Word Lutheran Church.....	9
Friendswood United Methodist Church.....	8
Lakewood United Methodist Church.....	7
Champion Forest Baptist Church.....	7
First United Methodist Humble Church	6
New Faith Church.....	5
St. Stephen's United Methodist Church.....	3
Trinity East United Methodist Church	3
St. Paul's Episcopal Church	3
Cypress Bible Church.....	2
Spring Branch Presbyterian Church	1
Tallwood Baptist Church	5

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

September 15

Gloria Dei Lutheran Church,
Nassau Bay

October 20

Gloria Dei Lutheran Church,
Nassau Bay

CAREGIVER CONFERENCE

September 29

Christ the King Lutheran Church,
Kingwood

October 20

St. Luke's United Methodist Church, Houston

November 3

Christ Church United Methodist Church,
The Woodlands

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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