

# CARE CORNER



August 2021

## Welcome Gigi!

We are so excited to welcome Gigi Gomez to the CarePartners family as our new Coordinator!

Gigi was born and raised in Houston, has an adorable chiweenie dog named Chili, and her favorite color is yellow. Gigi brings a passion for working with older adults and caregivers. During her recent time with Baker Ripley as a Community Health Worker, her work focused on direct support for caregivers and clients alike. She worked in a variety of programs including, Dementia Case Management, Caregiver Support, and the Dementia Day Center.



Gigi is currently pursuing her master's degree at the University of Houston Graduate College of Social Work and hopes to one day work with a broader population of Spanish speaking residents in the Houston area.

## CarePartners' Updated COVID Procedures

To ensure all participants, volunteers, and staff remain safe, CarePartners has updated our safety guidance and recommendations.

As of August 2, 2021:

- CarePartners' offices will require individuals to wear a mask or face covering upon entry.
- CarePartners' staff are required to wear masks or face coverings at all CarePartners' programs, even if the site does not require them.
- All program participants (volunteers, care partners, and caregivers) are encouraged to wear masks or face coverings during program activities. CarePartners' will have masks available at all program offerings.
- Each program site determines their COVID-19 risk reduction procedures. All program sites must communicate their safety policies and procedures to their assigned Care Team Coordinator. All program sites must include their safety procedures on program invitations, publications, and other public material.
- Individuals who feel sick, exhibit symptoms of COVID-19 or another communicable disease, or that have been exposed to COVID-19 should not attend in-person programs and follow the CDC guidance for isolation and testing.

[Click here for more information about our COVID-19 response.](#)

# CarePartners is thrilled to announce that many of our Gathering Place Care Teams are opening in-person programming in the coming months.

## Already Open:

Houston's First Baptist  
Holy Comforter Lutheran  
First Methodist Humble  
South Main Baptist  
Christ Church Sugar Land  
Grace Presbyterian  
Clear Lake Presbyterian  
Emmanuel Episcopal  
Kingwood United Methodist  
Lakewood United Methodist  
Spring Branch Presbyterian  
Zion Lutheran

## Open in September:

Klein United Methodist  
Memorial Drive Presbyterian  
Epiphany of the Lord Catholic  
Woodlands Community Presbyterian  
St. John Vianney Catholic  
St. Paul the Apostle Catholic  
St. Paul's Episcopal  
St. John the Divine  
St. Peter's United Methodist (Katy)  
Living Word Lutheran Church  
First Methodist Conroe

## Open in October:

Christ the Good Shepherd  
St. Rose of Lima Catholic  
Chapelwood United Methodist  
St. Martin's Episcopal  
Woodlands United Methodist  
St. Cecilia Catholic  
St. Francis Episcopal

## Open in November:

First United Methodist Pearland

For more information, please email [info@carepartnerstexas.org](mailto:info@carepartnerstexas.org) or contact our office at 713-682-5995.

[Visit our website](#) for program and event updates.





# What is Music Therapy?

Music therapy is the evidence-based practice of using music to address non-musical goals including motor skills, cognitive skills, coping skills and more. Music therapy also includes performing assessments, coming up with treatment plans and discharge planning.

"We can work with people who have survived a stroke," Board Certified Music Therapist Katelyn Blankenburg and Owner of Texas Music Therapy Services said.

"We can work with people who have procedural anxiety, they have decreased movement or cognition or communication skills due to an illness, traumatic brain injuries, physical disabilities, acute and chronic pain, as well as anxiety or depression."

Music therapy can help with cognitive skills by improving thought processing, memory recall and maintenance, decision making and executive functioning.

Speech can be improved by oral motor coordination, breath control, as well as encouraging bonding and alleviate feelings of loneliness and depression.

"Even people who have advanced stage Alzheimer's or dementia can still recognize songs from their early adulthood, as well as their childhood, which is really amazing," Katelyn said.

[Click here to read more.](#)



## Testimonials

"You and your divine volunteers created and nurtured a wonderful resumption of The Gathering Place! It is hard to express our gratitude. You all are so very kind and attentive. We both enjoyed and appreciated this get together with so much love and support." - Judith, Family Caregiver.



"Mark is enjoying the beautiful flowering plants he has received from CarePartners' Gathering Place events! We are so blessed to be a part of this wonderful organization!" - Sherry, Family Caregiver.



**Seniors and Their Caregivers:  
Making the Right Choices**  
August 20, 2021  
9:00 a.m. - 3:00 p.m.

Sometimes it's hard to know if you are making the right choice for a senior you care about. This conference will help you to feel confident in the choices you make for your loved one. When you are armed with the right information you will be empowered to make better choices.

Receive tips and solutions to make your caregiving life easier. Learn the ins and outs of Medicare as well as transportation solutions for seniors in Houston and the surrounding areas. Hear from local experts who can help you downsize and move homes.

There is something for everyone at this free online conference.

[Online Registration](#)



**EMPOWERING THE CAREGIVER  
CONFERENCE**

**Empowering the Caregiver Conference:  
A Bridge to Our Future**  
September 25, 2021  
9:00 a.m. - 3:00 p.m.

No matter where you are on the caregiving journey, you've probably encountered many twists and turns. Some of the hardest moments happen when you come to a gap in the road and the bridge is out.

Our goal is to help you build the bridges so you continue on your caregiving journey with added knowledge, encouragement and confidence. You will hear from current and former caregivers, industry experts and health care practitioners all there with one goal in mind: To help you now and to build your future!

[In-Person Registration](#)  
[Online Registration](#)

## Upcoming Educational Events 2021

Please note, events may change due to COVID-19

Gloria Dei Lutheran Church.....	10/2/21
St. Luke's United Methodist Church.....	10/30/21
Interfaith of the Woodlands and Christ Church United Methodist.....	11/6/21
Online Caregiver Conference.....	11/19/21
Messiah Lutheran Church Workshop.....	TBD

# Caregiving During COVID-19: Be Well With These 6 Tips

By VITAS Healthcare - [Click here to read more](#)

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During periods of crisis like the COVID-19 pandemic, family members and close friends continue to provide daily care. Caregivers should develop habits and strategies to maintain their own health and well-being. This helps to both limit viral transmission and to avoid the ever-present risk of caregiver burnout. Here are some key strategies and tips for caregiving in the era of COVID-19.

## Reduce Transmission of Coronavirus

Follow CDC-recommended protocols for personal hygiene. Wash your hands often for at least 20 seconds.

## Stay Informed about COVID-19, But Don't Overdo It

Keep up to date on the state of COVID-19 in your area, but don't obsess—and don't mistake social media opinion for fact.

## Take Care of Yourself

Your loved one's well-being relies on your ability to maintain your own. To be at your best, eat healthy, exercise whenever possible and maintain a regular sleep schedule.

## Watch for Signs of Burnout

Caregiver burnout can happen in any caregiver-patient relationship, but the risk is heightened in times of increased stress.

## Find Opportunities to Relax

Caregiving is a major responsibility, but it shouldn't completely overtake your life. Use spare moments to listen to your favorite music, read, or work on a hobby.

## Stay Connected

Social distancing doesn't mean total isolation. Reach out to friends and family regularly for casual chats and wellness checks. Consider spending time together virtually. If you live with loved ones, find ways to support each other.

# Your Donation Makes a Difference!

CarePartners is a nonprofit, volunteer-led organization and we are proud to be able to offer 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 2,557 family caregivers during this time of uncertainty. We thank you for your support.

To support CarePartners with a donation today, scan the QR code above or [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.

# Keep up with CarePartners



## FOLLOW US ON SOCIAL MEDIA

Stay up to date with what is going on with CarePartners by following us on our social media pages. Make sure to also share our pages with family caregivers who are in need of our programs.



[facebook.com/CarePartnersTexas/](https://facebook.com/CarePartnersTexas/)



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[linkedin.com/company/carepartners-texas/](https://linkedin.com/company/carepartners-texas/)

## MONITORING THE CORONAVIRUS

To stay up to date on CarePartners' response to the coronavirus and for information about our Interim Programming, visit our website.

[www.CarePartnersTexas.org](https://www.CarePartnersTexas.org)