

**Center for Family Caregivers**  
3661 S. Babcock St. Melbourne  
321.434.7625 or [HFsenior.org](http://HFsenior.org)

November 2017

## Programs for Caregivers and Loved Ones

**Chair Exercise** – Please join us for a chair-based exercise class for caregivers and their loved ones **at 2 p.m. every Wednesday** with Pat DeAngelis, RN, BS, LNC. This fun, easy-to-follow format features exercises you can do while sitting down. These are designed to improve muscular strength and endurance, increase flexibility, improve balance and posture, help prevent falls and encourage socialization. This 45-minute program includes a warm-up session, chair exercises and a calming cool-down to relax your muscles and recharge your spirit. Light weights and easy stretch bands are provided. RSVP to 321.434.7625.

**Arts & Crafts** – meets from **1:30 to 3:30 p.m. every Thursday**. With the help of our talented volunteer instructors, caregivers and loved ones can create specially themed-projects such as greeting cards, gift bags and creative scrapbook pages. Please join us to socialize with others, share memories, create a special art project and just have fun! RSVP to 321.434.7625.

## November Programs for Caregivers

**“Good Times Can Roll On – Successful Holiday, Travels and Visits” will be held at 10:30 a.m. Thursday, November 9.** This program will be presented by Carol White, MSW, CDP, CADDCT, Division Dementia Care Manager, Brookdale Senior Living, Inc. The holiday season is a time for visiting and reconnecting with family, friends and neighbors. Sometimes this season can be sad or stressful for those caring for a loved one with Alzheimer’s disease (AD) or other dementia. Carol will offer hints and suggestions on how to create moments of success during special events and holidays and situations to avoid. RSVP to 321.434.7625.

**Mark Your Calendar! Carol White will return in December to present the following topic:**

**“Successful Activities of Daily Living” at 10:30 a.m. Wednesday, December 13**



Jill chronicles her recent trip to Italy and France on canvas using symbols, colors, shapes and lines to create her art-work. We want to thank Susan Giblin, owner of South Beaches Gallery & Art Education Center, for teaching this new, unique art class – “Life’s Path Diptychs” – in October.

## November Programs for Caregivers

**The First Steps** is an interactive, five-part education program based on the Alzheimer's Association's "Living with Alzheimer's" series, in partnership with the East Central Florida Memory Disorder Clinic. It is designed for patients newly diagnosed in the early stages of dementia and their caregivers. **Class will be held from 1:30 to 3 p.m. Thursday, November 2.** Please call Sue at 321.434.7614 for information on our next early stage First Steps program.

**Living Healthy Workshops** continue from 9:30 a.m. to noon on the following **Wednesdays: November 1, 8, 15, 29 and December 6 and 13.** The six-part workshop is designed for those who are looking to take control of an ongoing health condition or for those who are caring for someone with one. Learn how to manage symptoms, communicate effectively with healthcare professionals, lessen your frustration, fight fatigue, build your confidence, make daily tasks easier and get more out of life. Due to the Thanksgiving holiday, there will be no class on Wednesday, November 22. **Call 321.434.4335 to register for this or future classes, starting January 3, February 21 and April 4.**

## November is National Alzheimer's Disease Awareness and Family Caregivers Month

In 1983 President Ronald Reagan helped to create greater awareness of Alzheimer's disease by declaring November National Alzheimer's Disease Awareness Month. Just 11 years later, the former President of the United States was diagnosed with Alzheimer's himself and lived with the disease for a decade before losing his own battle in 2004.

The National Family Caregivers Association began honoring family caregivers in 1994 during Thanksgiving week. As awareness and acknowledgment of issues related to family caregivers grew, National Family Caregivers Week became National Family Caregivers Month. More than 65 million Americans fill the role of family caregivers, providing care to their relatives and loved ones each year.

As we observe National Family Caregivers Month, we recognize those who provide care, safety and support for their loved ones. We would like to take this opportunity to let our amazing family caregivers know how much we appreciate the tireless support they give each day to those in their care. You are not alone...we're here for you.

## Veteran's Aid & Attendance and Medicaid

Thursday, November 16

10:30 a.m.

Led by Robin M. Petersen, P.A.  
Estate Planning & Elder Law  
Center of Brevard

Attorney Robin M. Petersen will discuss options available when planning for long-term care, including **VA Aid & Attendance and Medicaid.** It is important to make informed choices before a crisis arises, because one size does not fit all. The Estate Planning & Elder Care Law Center of Brevard has over 25 years' experience working with clients in need of long-term care, advising them of options that don't exhaust all their assets. Planning ahead is important, and you want to be sure that if the need arises, you will qualify for Medicaid assistance. Mr. Petersen obtained his license to practice law in Florida and before the U.S. Court of Military Appeals. Greatly influenced by his parents' service in World War II and as someone who identifies himself as a "military brat," he joined the Air Force, where he proudly served as a legal officer (JAG).



Robin Petersen is the Founder and Managing Partner of the Estate Planning & Elder Law Center of Brevard, which has been serving Brevard County since 1991.

## Family Caregiver Support Groups

### WEEKLY SUPPORT GROUPS:

- **Caregiver-to-Caregiver Support Group meets at 10:30 a.m. every Tuesday** for those caring for someone in the advanced stages of dementia or a chronic illness, and for those caregivers transitioning from caregiving after losing a loved one. This group focuses on helping each other face challenges and losses and moving toward more resilient living with understanding, strength, and support. Pre-registration is required. Please call 321.434.7625.
- **Coping with Caregiving meets at 10:30 a.m. every Wednesday** and will focus on support for caregivers of loved ones with memory impairment or any chronic illness. Join us for an informal sharing of practical caregiving information and helpful community resources. This weekly support group will focus on successful strategies for coping with the concerns, feelings and responsibilities of being a caregiver. It will be led by Joyce Brang, LCSW, Health First Health Plans and Health First Aging Services.
- **The Empowered Caregivers Support Group meets at 11 a.m. Thursdays**, allowing those caring for someone with memory loss or any condition to share their journey with others who understand what they are experiencing. This includes group discussions and education. It is led by Alyce Webster, MSW, Health First Aging Services.

### MONTHLY SUPPORT GROUPS:

- **Living with Grief:** Grief is a universal human experience, and we need support and tools to cope. Join us for an opportunity to listen, share and learn in a group setting. Karen Czarniak, Bereavement Counselor with Hospice of Health First, leads the group **at 10:30 a.m. on the first Tuesday of every month.** Please call 321.434.3238 if you are planning to attend for the first time.
- **The Stroke & Aneurysm Support Group is held from 5:30 to 7 p.m. on the first Monday of every month in the Holmes Regional Medical Center Auditorium.** Survivors and caregivers are encouraged to join Health First's Stroke & Aneurysm support group. Professionals will help you cope and recover in a relaxed environment, where you can discuss your fears, hopes and frustrations. Light refreshments will be served. Please RSVP to 321.434.1752.
- **Melbourne Early Stage Support Group meets from 2 to 3:30 p.m. the first Wednesday of every month.** This is a monthly group designed to provide emotional, educational and social support to people diagnosed with early stage Alzheimer's or a related dementia, as well as their care partner. Please call 800.272.3900 with any questions.

### Did You Know?

The East Central Florida Memory Disorder Clinic provides free memory tests to anyone over the age of 18 who is concerned about memory issues.

#### The benefits of memory testing include:

- **Eliminating worry and fear about "senior moments"**
- **Learning ways to improve your memory and age healthfully**
- **Finding out available community resources**

**To schedule a free memory test, or for more information, call 321.434.7612.**

EAST CENTRAL FLORIDA  
*Memory Disorder Clinic*

## Holiday Survival Strategies

For those dealing with the loss of a loved one or caring for a loved one diagnosed with Alzheimer's disease

By Judy Tatelbaum – Journeys

- **Be kind to yourself.** Holidays, traditionally a time for celebration, can be difficult for caregivers and people grieving. Honoring yourself, your needs, and your feelings may be all you can manage right now. Do only as much you can. Choose what's best for you – to be immersed in the holiday spirit or not.
- **Express your feelings.** Allow the longings, loneliness, sadness or whatever you feel. Cry if you need to cry, rage if you need to rage. The surest road through grief is to feel it.
- **Ask for what you need.** Others don't know what to say or do unless you tell them what would help you the most. Say if you want to talk or want your privacy respected. Let it be known if you need companionship or if you want a shoulder to cry on.
- **Appreciate your other loved ones.** It is natural to isolate yourself and feel alone in your grief but don't deprive other family members and friends of your presence. They need your love, too. In return, their love can nourish you and help you heal.
- **Help another person in need.** Contributing to someone else gets your attention off yourself and can be a very effective way of healing after a loss. When you are immersed in someone else's needs. You can be temporarily free of your own pain.
- **Avoid the holidays.** If celebrating seems too difficult, then you can choose to minimize the holidays. Get away somewhere. If you cannot travel, then change the scenery. This may not erase your pain, but it may lessen it some.
- **Do something new and different.** Often, the more we try to recreate the past, the more obvious our loss is. Changing traditions can be freeing and satisfying. If managing a new holiday plan is difficult, then give the job to a creative friend or relative.
- **You will survive the holidays.** The holidays may be the worst time for your grief. Eventually you will heal and your memories will persist without pain. It's okay not to have a good time. If you are hurting and unable to have your attention on anything else, let yourself be.
- **It's okay to have a good time.** Don't deny yourself life. Death and illness teach us that every day of life is precious. The best gift we can give ourselves is to live wholeheartedly.

*November's Quote:*

## PATIENCE

**“A moment of patience in a moment of anger saves thousands of moments of regrets.”**

**Unknown**

**Reminder:** Carol White, MSW, Division Dementia Care Manager with Brookdale Senior Living, Inc., will visit at 10:30 a.m. Thursday, November 9 to share ideas on creating moments of success during the hectic holiday season. Carol will also discuss tips on traveling with the person with dementia and having meaningful visits.