



Caregiver Newsletter

Greetings caregivers of SE Alaska,

Our primary focus is supporting the family and friends who are caregivers to the seniors in the Southeast region of Alaska. The goal is to help lighten the burden of caregiving by providing relevant services which include:

- Information • Caregiver grants • Home visits • Assistance with Caregiver Training
- Individual phone support • Provide education on self-care • Group activities
- Referrals to other supportive agencies • Monthly call-in Peer Support Group

What is the caregiving experience? Generally, a caregiver expresses their love and concern by assisting a family member. Even though there can be much satisfaction in doing this, there are many challenges that a caregiver may face. So in these difficult times, I find support is a positive tool you can use to uplift your state of mind and help shoulder the weight of responsibility that you carry. Let it be short lived in your mind those things that don't go right and grateful for the opportunities that you do have. As a friend once said to me "When things don't go right, go left instead" find another solution and forget about what can't be. Releasing obstacles that block self care is so liberating when you realize you have the power to re-direct your caregiver path.

We are here for you, our caregiver champions!

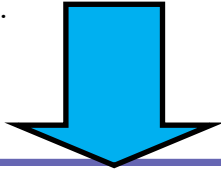
Best regards,

Marty Nelson

Bringing Support Home to You

Why Call-in?

- ◆ Talk with people who will understand your experience.
- ◆ Know that you are not alone on your journey.
- ◆ Receive support from peers.
- ◆ Learn more about self care and develop caregiving skills.



Next Call-in Meeting schedule:

Thursday, July 5th
 Thursday, July 19th
 Thursday, August 2nd
 Thursday, August 16th
 Thursday, August 30th
 12:00PM to 1:00PM

Who is eligible to participate?

Individuals living in Southeast Alaska who are caring for an elder, family or a friend.

In Juneau, call 463-6177 and toll free throughout Southeast, call 1-866-746-6177 for more details or to get questions answered.

Follow the instructions below:

On any scheduled Thursday call: (605) 472-5263 to access our group support session, then enter this access# 574234 you will be instantly included in our group call.

From the desk of a Caregiver

Thoughts about support and other services we have provided:

I never thought the biggest adventure of my life would be right here at home as a caregiver!

Hoonah caregiver, June 2018

Here's to everyday, a do-over for a better outcome.

Juneau caregiver, June 2018

To give care is to express love.

Juneau caregiver, June 2018

I feel good that I can just call you and you are there for me, thank you.

Juneau, caregiver, June 2018

Need assistance?

GOOD NEWS!

July 1st marks the beginning of the new fiscal year and Southeast Senior Services (SESS) is now accepting grant applications for Respite, Personal Care Assistance (PCA), Chore, and Supplemental Services. For more information, Please call 1-866-746-6177, or if in Juneau, 463-6181. You can also email your request to: marty.nelson@ccsjuneau.org

Please note there is a registration assessment process to determine eligibility for all Caregiver Grants.



Boosts Energy Promotes Deep Breathing
Fights Depression
Improves Balance Improves Mental Clarity
Tai Chi
Relieves Pain Strengthens Lower Body
Lowers Blood Pressure
Improves Sleep

Tai Chi 8-week class series begins July 10, 2018

Time: 10AM to 11AM on Tuesdays & Thursdays

Location: Gruening Park Community Hall

A Free Health Promotion Program: Tai Chi for individuals age 60 years +

The benefits of Tai Chi for elders are many including increased strength, energy, flexibility and balance. Studies show the practice of Tai Chi reduces the risk of falling. These classes are designed for participants **60 years and older**.

No previous experience needed. Registration is required. **Call 463-6113 to register.**

Elder Abuse Awareness

Vulnerable adults may suffer abuse if they appear to be neglected or to be abused in an intentional or reckless non-accidental manner. If the elder appears exploited by another person or a sign of apparent neglect of essential services by self or by others in control of the elder, there may be abuse. You can help!

Any person may report a confidential matter in good faith, you are protect by law from retaliation. You may also report a matter anonymously.

Call: 800-478-9996

Adult Protective Services



Phone Support Group

Connecting Caregivers across the State

Facilitated by Gay Wellman

Wednesday July 18th

&

Wednesday August 15th

Time: 2PM to 3PM

Call Alzheimer's Resource of Alaska
prior to event for info 907-822-5620

Ask about other upcoming events

Ketchikan

Are you a caregiver caring for an elder?

Do you want to talk to others in a similar situation?

“We are here to help”

We hold a caregiver support group the second Friday of every month, from 2-3pm, at Saxman/Ketchikan Senior Center 2401 Eagle Ave.

Call **Bernice Metcalf** for more information:

(907) 225-8080

Sitka

“Be of Brave Heart”

Caregiver Support

Manager’s House of the Sitka Pioneer Home
Fourth Monday of Every Month at 6 pm

Homemade soup, salad, and bread provided.
Contact Maury to RSVP or for information at

747-4600 or

maury@braveheartvolunteers.org



“Our Lending Library keeps expanding”

The Senior and Caregiver Resource Center has a variety of resources available for loan to caregivers and elders. In addition, we offer a variety of books and educational materials on caregiving skills and self-care. If we don’t have material that you are looking for, we will help you find it. Feel free to stop by our lending library in Juneau or give us a call and we will gladly ship items to you wherever you live in the Southeast Alaska area.

We have “Tai Chi” DVDS too!

Call us at 907-463-6181



*Southeast Senior & Caregiver
Resource Center*



**Southeast Senior Services
Catholic Community Service**

419 Sixth Street

Juneau, AK 99801

(907) 463-6177

www.ccsjuneau.org

Serving All of Southeast



“The Senior and Caregiver Resource Center receives financial support from the Juneau Community Foundation’s Hope Endowment Grant and of the City and Borough of Juneau Social Service Grant and the State of Alaska, Senior and Disabilities Services.”

Southeast Senior Services is a division of Catholic Community Service

Accredited by the Council on Accreditation