

August 9, 2010

Dear Care Partners and Trust Women,

Last call for the seminar coming up on August 18, 2010 from 12:30- 1:30 PM, entitled **“Disclosure and Denial”**! It will take place at the Addison Senior Group meeting at the Addison Legion Hall in Addison. Guest speaker will be Todd Goddard, Director of the Learning Institute at the Alzheimer’s Association. The details of the topic were included in our last newsletter, but call us if you want to find out more. Reservations are required for this workshop and there is no charge. Call 607-776-7813 today! **NOTE: if you want to come for the lunch, arrive at 12 noon and bring a dish to pass and your own place setting. The beverages are provided.**

Alzheimer’s Disease Support Group Schedule for September and October , 2010:

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| 9/13/10 | For Spouse’s/Partners Only (of those with dementia) Steuben County Health Care Facility |
| 10/18/10* | 7009 Rumsey St Extension, Bath |
| Rescheduled due to holiday! | 10:30 a.m. – 12 noon |
| 9/27/10 | Alzheimer’s Disease Support Group Emeritus (Green Meadows) of Painted Post |
| 10/25/10 | 120 Creekside Drive, Painted Post NY 2:30 PM – 4:00 PM |

Trust in the Lives of Older Women

9/14/10 **McAuley Manor Board Room**
9/28/10 **Mercycare**
10/12/10 **1 Bethesda Drive**
10/26/10 **Hornell, NY 14843**
10:00 AM- 11:30 AM

I recently had the pleasure of reading a book that we just added to our Caregiver Library. Author Gail Sheehy chronicles her experience in caregiving for her husband, Clay Felker, founder of the New York magazine. In Passages in Caregiving, she offers a fresh perspective on the challenges of caregiving and a glimpse of the sometimes glamorous life of a journalist at the top of her career. While her comments on the way the health care system works do not always hold true for rural Steuben County, it was illuminating to read about her experience in Manhattan and beyond. The cultural differences are obvious, but what is striking to me is that the emotions are the same, whether you are rich, poor, rural, urban, educated or not. Let us know if you want to borrow this fascinating book from our library.

My Stroke of Insight, by Jill Bolte Taylor, another book in our library, is a story about a 37 yr old brain scientist who recounts the details of her stroke and recovery. There is much information about how the brain works and how it reacts to stimuli. This book leads the reader to consider what a person goes through while trying to communicate, sometimes unsuccessfully, post-stroke. Included are helpful hints on what approaches are most helpful. You may find her “recommendations for recovery” and “forty things I needed most” very interesting. If you like reading detailed medical information, you will enjoy this book.

Here’s another book review from our library: Still Alice by Lisa Genova is a fictional story that very accurately tells about early onset Alzheimer's Disease through the eyes of person who has the disease. At 50, Alice still has many things she wants to do, but is losing her ability to do them. The book also deals with family dynamics and how Alice's disease affects her husband and adult

children. The story is interesting, keeps the reader's attention, and in the end, the reader is left knowing that, in spite of all her losses, Alice is still Alice.

On Thursday, **September 16, 2010** starting at 8:30 am, we will host our annual **Senior Forum** at the First Presbyterian Church in Bath. If you have never attended this event, we encourage you to try it. Aside from the fact that this public hearing allows an opportunity for you to let your voice be heard on matters concerning older citizens, the interesting workshops offered throughout the morning stimulate the brain and broaden your horizons! A full description is found in our Second Season newsletter which you should be receiving in the next couple of weeks. If you do not receive Second Season already, give us a call and we will set you up. This year's workshops include everything from waterfalls to how to use the internet to stress reduction and much more. Registration is required and classes fill up quickly so don't delay. The event ends with a nice lunch prepared by ProAction with payment on a donation basis.

Do you want to know more about all the services available to help you **"Age in Place"**? Mark your calendar for **September 30, 2010 from 10 am until 12 noon** at the Corning Senior Center at 1 Park Lane in Corning. Enjoy refreshments, visit vendor tables and play a fun game to earn prizes. Hear short presentations on Aging in Place, by Legislator, Phil Palmesano, and Associate Director of AARP, Bill Armbruster. Stick around for lunch at a nominal fee.

I know October seems very far away, but mark your calendars for October 21, 2010 from 6 – 8 PM at the Hornell Baptist Church for a presentation called **"Spirituality in Caregiving"** offered in partnership with the Alzheimer's Association. We do need reservations for this one, so call us at 776-7813 by October 19, 2010. Finding meaning in your caregiving role can enhance the experience and reduce suffering. Come learn more.

Lastly, do you need a break? The Sunshine Club (social adult day care) at Taylor Health Center in Bath has slots available so that you can have some relief from your caregiving duties on Wednesdays. This is available at a very affordable price and has the added benefit of exposing your care- receiver to some socialization as well. If you would like more information about this program, please call us. The wise caregiver knows that everybody needs and deserves a regular break. Studies prove that you can be even more effective after you've gotten away for awhile.


CarePartner Tip:

There is no shortage of research pointing to the benefits of prayer and turning worries over to a Higher Power. Do you agree? Many people find that serious illness or demanding caregiving duties lead them to question where God is in suffering.

Sincerely,

A handwritten signature in cursive script that reads "Patty".

Patricia A. Baroody
Coordinator

A handwritten signature in cursive script that reads "Vicki".

Vicki Grace,
Care Partner Assistant