



Volume 3, Issue 1

SEPTEMBER & OCTOBER
2009

P H S - C O M M U N I T Y S E R V I C E S S Y S T E M I S A D I V I S I O N O F P I M A
H E A L T H S Y S T E M , P I M A C O U N T Y

Community Services System Caregiver "Community Link"

CAREGIVER CONFERENCE—SAVE THE DATE

Wednesday

November 18, 2009



14th Annual Caregiver Conference

"A Caregiver's Harvest – Hope & Support"

A Day of Education & Guidance for Family Caregivers

**Keynote Speaker: Dr. Cheryl E. Woodson M.D.,
Family Caregiver and Geriatrician**

***"To Survive Caregiving: A Daughters' Experience
A Doctor's Advice on Finding Hope, Help & Health"***

**Other Speaker Topics: Pharmacy, Legal and
Caregiver Self Care**

Double Tree Hotel at Reid Park, 445 S. Alvernon Way

7:30am – 3:30pm

Includes Continental Breakfast and Lunch

Over 50 Vendors of products & services represented

Registration Form

Name: _____

Address: _____ City/Zip: _____

Company Name: _____ Phone: _____ FAX: _____

- Family Caregiver \$20.00 per person
- Professional \$45.00 per person Nursing CEU SW CEU (NASW)
- Do you require RESPITE care? (no additional charge) CALL 258-5077

In Home RESPITE provided by *Home Instead Senior Care* with a 2 week notice.

Vegetarian Meal Requested

To ensure your reservation, please complete and return this form with check or money order no later than *Friday, October 30, 2009 payable to: Caregiver Consortium, and mail to: PO BOX 12381, TUCSON, AZ 85732-2381*

NEW 8-WEEK CAREGIVER SUPPORT GROUPS
STARTING IN SEPTEMBER & OCTOBER 2009

there is no charge to attend, but
PRE-REGISTRATION IS NECESSARY.

**PLEASE NOTE: All support group start dates &
times are dependent on pre-registration & participation.**

Please call the listed Social Worker for specific support group location & registration.

*****CENTRAL:** Registration starts in September, please call Mara at 243-8378.

*****GREEN VALLEY:** Registration starts in September, please call Carol at 243-8374.

EAST: Registration starts in October, please call Carol at 243-8374.

NORTHWEST: Registration starts in October, please call Sonya at 243-8379

EVENING GROUP: Registration starts in October, please call Sonya at 243-8379.

*****Adult Day Care Available; You must call before start of group.**

SERVICES IN SPANISH: For information about support groups & counseling in Spanish or for our Spanish language newsletter, please call Sonya at 243-8379.

SEPTEMBER & OCTOBER 2009 MONTHLY ONGOING GROUPS

(Open to family caregivers who have *completed* the 8-week support group)

Please call ahead and let us know you will be attending.

Central/East daytime: Last Monday of each month (1— 2:30 pm); 9/28 & 10/26

Central/East evening: 1st Wednesday of each month (6— 7:30 pm); 9/2 & 10/7

CALL MARA TO LET HER KNOW YOU'RE COMING - 243-8378

Green Valley: 1st & 3rd Wednesday of each month (1— 3:00 pm); 9/2 & 9/16; 10/7 & 10/21

CALL CAROL OL TO LET HER KNOW YOU'RE COMING - 243-8374

Oro Valley: 1st Tuesday of each month (Noon— 1:30 pm); 9/1 & 10/6

West/Tucson Estates: Last Tuesday of each month (9—10:30 am); 9/29 & 10/27

CALL SONYA TO LET HER KNOW YOU'RE COMING - 243-8379

~ RESPITE CARE ~

Remember that our Respite Program can help you get the help you need! **In-home** respite workers can give you a much needed break one or two days a week; or schedule a **temporary facility stay** for your loved one. Please call **790-7262** for more information.

DEAR CAREGIVERS:

Why a support group? What will I learn? Will I have enough in common with others? Some people arrive at a group during a critical juncture, grappling with the decision to place a loved one in a care facility. Others may be at the very beginning of caring for a family member, friend or neighbor who is still trying to remain independent in their home. Others may be caring for someone from a distance.

There is almost a magical quality to the dynamic that occurs when people experiencing the joys and pains of caregiving begin to share with one another from their hearts. Often, by the end of the first session, people who enter the room as strangers leave with each other. They find themselves standing around in the parking lot to continue a dialogue that can't wait until the following week.

What motivates a person to share intimately with a group of strangers? The simple fact that family and friends, although interested and concerned, often don't "get it". They may even exacerbate rather than alleviate a caregiver's stress by giving well-intentioned advice or criticism. What caregivers really need is for another person to just listen. This in turn allows the caregiver to begin to find

their own path and search for their own answers. Who can better listen than another caregiver- -someone who also needs support from others on a similar journey? Someone who knows there are no simple solutions. Someone who recognizes that difficult feelings have a right to exist and won't pass judgment. As Rachel Naomi Remen states, "One of the most valuable things we can do to heal one another is listen to each other's stories".

*Sincerely, Mara,
Sonya, Carol & Ed*

NEW TELEPHONE SUPPORT **GROUP-Connect from home.**

In collaboration with TMC-Senior Services, we are offering a new and innovative way for at-home caregivers to receive additional support. EVERY WEDNESDAY, NOON to 12:45pm, we will facilitate a "call-in" tele-conference support group. Call in every Wednesday, toll free to 1-877-903-2255 and when prompted by the operator punch the ID# 4800093, and you will then be connected with the caregiver support group facilitated by Mara and/or Sonya from PHS.

PRACTICAL SKILLS CLASSES FOR UNPAID, INFORMAL FAMILY CAREGIVERS

PRE-REGISTRATION IS REQUIRED. CLASSES ARE OFFERED DEPENDENT ON NUMBER OF RSVP'S. PLEASE CALL CAROL AT 243-8374.

CARING FOR PERSONS WITH COGNITIVE IMPAIRMENT—Types of dementia, changes in the brain, communication and difficult behavior
Wednesday September 16th from 1-3pm.

BACK SAFETY, TRANSFERS, HOME SAFETY—Wheelchair safety, principles of lifting, protecting your back, and responding to emergencies.
Wednesday October 14th from 1-3pm.

CALL FOR LOCATION & REGISTRATION.

There is no charge to attend. (Funded by the Older Americans Act-Pima Council on Aging)

Additional Support Groups and information from our Community Partners:

*Alzheimer's Association Desert Southwest Chapter
322-6601*

*Pima Council on Aging
790-7262*

*Sunstone Cancer Support Centers
749-1928*

*TMC-Senior Services Healthy Living Connections
324-1960*

For your copy of the Pima County Resource Guide to Community Partners please call 243-8352.



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HERBERT K. ABRAMS PUBLIC HEALTH CENTER
COMMUNITY SERVICES SYSTEM
CAREGIVER EDUCATION & SUPPORT PROGRAM
3950 S. COUNTRY CLUB ROAD, #400
TUCSON, ARIZONA 85714

Pima Health System
PHS

COMMUNITY LINK CHANGE—GOING ELECTRONIC

Effective November 1, 2009, the “Community Link” will no longer be mailed to you at your address. With the increases in printing and mailing, and Pima County’s need to reduce costs, a decision was made to drop the mailing of the “Community Link”. For those of you with computers, you will be able to continue to view our “Community Link” on the Pima Health System web page. The address to the direct link is: www.pimahealthsystem.org/pdf/Link.pdf

To view all archived editions of the “Community Link” you can go to www.pimahealthsystem.org, click on the newsletter button, and then scroll down to the “caregiver support” section for a selection of “Community Link” newsletters.

To view information on the Community Services System you can go to www.pimahealthsystem.org, click on programs, click on Community Services System and click on “caregiver education and support” for additional information for family caregivers.

Additionally, all the Pima County Public Libraries, as well as Pima Council on Aging and TMC-Senior Services, will have printed, current editions of the “Community Link” available. The Community Services Caregiver Classes for family caregivers will be listed in TMC-Healthy Living Connections Calendar of Events.