



MASSACHUSETTS FAMILY CAREGIVER SUPPORT PROGRAM

NEWSLETTER | JUNE 2020



IN SOLIDARITY

In the midst of so much recent loss and devastation, we stand in solidarity with you—listening, learning and reflecting—as we work towards a future of accountability, equality and humanity.

“It starts with self-examination and listening to those whose lives are different from our own... It ends with justice, compassion, and empathy that manifests in our lives and on our streets. I pray we all have the strength for that journey, just as I pray for the souls and the families of those who were taken from us.”
-Michelle Obama

Thank you for all you do.

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RESEARCH/POLICY

The National Alliance for Caregiving and AARP released [Caregiving in the U.S. 2020](#), the most recent update to their research series conducted roughly every 5 years

The U.S. Senate Special Committee on Aging held a hearing entitled, "[Caring for Seniors Amid the COVID-19 Crisis](#)" on May 21, 2020

International researchers released a Palliative Medicine Report, Improving Support for Family Caregivers of People with a Serious Illness in the U.S: [Strategic Agenda & Call to Action](#)

COMMENTARY

[Amid the COVID-19 Pandemic, Meaningful Communication between Family Caregivers and Residents of Long-Term Care Facilities is Imperative](#) (Journal of Aging & Social Policy)

[Impact of the COVID Outbreak on Long-Term Care in the US](#) (International Long-Term Care Policy Network)

[The Pandemic Has Exposed a Need for Better Paid Leave Policies](#) (The Dispatch)

[US Federal Law Doesn't Require Paid Sick Leave, So States Fill The Gap](#) (KCRW)

[The Need For Family Caregiver Support: Now More Than Ever](#) (BenefitsPRO)

Caring for the Caregiver Webinar Series

In collaboration with leaders from business, health care, education and state government, the MA Business Roundtable supported the launch of the [Massachusetts Caregiver Coalition](#), an initiative to assess and address the needs of unpaid family caregivers across the Commonwealth.

The [Caregiver Coalition](#) is hosting a webinar series to raise awareness, share stories and provide resources to support family caregivers during COVID-19. Here are recordings of the first two:

Supporting Family Caregivers During COVID-19

Session #1: Realities of Caregiving During COVID-19

Robin Lipson, Executive Office of Elder Affairs
Melinda Lemos Jackson, AllWays Health Partners
Michelle Williams, Harvard T.H. Chan School of Public Health
Amy Lord, Boston Senior Home Care
Bob Stephen, AARP National

Session #2: Balancing Work & Caregiving

Alexandra Drane, Rebel Health & ARCHANGELS
Liz O'Donnell, Working Daughter
Jill McNamara, Care.com
Mary Schafer, Seniorlink
Hazel Moran, EMD Serono

Addressing Anxiety and Burnout During COVID-19

Michael Shipman, Rockland Trust
Kristine Biagiotti-Bridges, Dell
Naomi Pollock, AbleTo
Jennifer Raymond, Elder Services of Merrimack Valley

RESOURCES DURING COVID-19

STAYING CONNECTED

Overcoming the Difficulties of Social Distancing

How to deal with ongoing restrictions, maintain social interactions with friends, reach out for help, and take care of yourself

How to Stay Connected While Intentionally Isolated

Resources on the physical, behavioral, and mental health effects of physical distancing and how to stay connected with others while intentionally isolating oneself. Check out this great fact sheet!

Creative Gerontologist Anne Basting's [TEDMED talk](#) about how to meaningfully reconnect with those who have dementia

ACHIEVING BALANCE

Tips for Sandwich Generation Caregivers In the Era of COVID-19

A set of practical tips for caregivers responsible for both younger and older adults, including how to stay informed, communicate with one's employer and create sufficient backup plans

Balancing Work and Elder Care Through the Coronavirus Crisis

For those juggling work and elder care, "Setting boundaries, employing technology and routines, asking for flexibility (and some forgiveness), and managing well-being

EMBRACING CHANGE

Amid the Coronavirus Crisis, a Regimen for Reentry

Atul Gawande's 'regimen' for reopening amid the COVID-19 pandemic based on lessons from healthcare workers

PROCESSING GRIEF

How the Arts Can Ease Grief After Loss

Artistic expression can help process traumatic experiences—"After a traumatic loss, the arts allow what can't be spoken about to come into form"

Reinventing Grief in an Era of Enforced Isolation

Personal Essay by Laura Collins—"When my father died, of leukemia, as the coronavirus pandemic accelerated, my family and I became members of a vanguard that we'd never aspired to join

Processing Grief During the COVID-19 Pandemic

Here are some suggestions to help the grieving process move forward in spite of constraints brought on by the COVID-19 pandemic

STAYING SAFE

Keeping Older People Safe During the Coronavirus Crisis

How caregivers can use technology to help older people minimize going to the doctor during this pandemic

Build the Skills You Will Need as a COVID-19 Caregiver

Resources to help caregivers learn new skills, such as "how to ask for help," "how to set boundaries" and "how to select a nursing home"

UPCOMING WEBINARS

Emergency Planning: What to Do If You or Your Loved One Gets Sick (June 10)

Learn how to make a back-up plan that will help handle complex decisions and take action as quickly as possible in an emergency. Hosted by the Alzheimer's Association MA/NH Chapter.

Supporting Family Caregivers in Faith-Based Communities (June 17)

During this webinar, experts will discuss the challenges of caregiving during the pandemic and shed light on community-level efforts from faith organizations. Hosted by C-TAC, AARP & the American Muslim Senior Society.

COVID Caring Conversations: Tips for Caregivers at Home (June 17)

Learn tips for and ask your questions about structuring the day, choosing activities, and dealing with difficult behaviors. Hosted by the Alzheimer's Association MA/NH Chapter.

Emergency Planning: Preparing for the Unexpected (June 18)

Our webinar speaker will provide tips and strategies that people with disabilities, families, and disability professionals can use to help plan for when disasters strike. Hosted by the Arc.

SELF-CARE EXPLORATIONS

Despite the confines of quarantine, online tools like Google Arts & Culture allow for 3D tours of sites around the world. Here is a sampling to start your virtual vacation:

- [Van Gogh Museum, Amsterdam, Netherlands](#)
- [Tokyo Fuji Art Museum, Tokyo, Japan](#)
- [Dublin Zoo, Dublin, Ireland](#)
- [National Museum of Natural History, New York, US](#)
- [Taj Mahal, New Delhi, India](#)
- [Buckingham Palace, Westminster, England](#)
- [Machu Picchu, Peru](#)
- [The Hall of Mirrors, Palace of Versailles, France](#)
- [Bolshoi Theater, Moscow, Russia](#)
- [Stonehenge, Wiltshire, England](#)
- [Ethnographic Museum, Belgrade, Serbia](#)
- [Gyeonggi Museum of Modern Art, Gyeonggi-Do, South Korea](#)
- [Kenai Fjords National Park, Alaska, US](#)
- [Museo Dolores Olmedo, Mexico City, Mexico](#)
- [Shenshuping Gengda Panda Center, Sichuan, China](#)
- [Church of St. Sophia, Ohrid, North Macedonia](#)
- [Temple of Apollo Portara, Naxos, Greece](#)
- [Thought Pyramid Art Centre, Abuja, Nigeria](#)
- [Louvre Museum, Paris, France](#)
- [Mesa Verde National Park, Colorado, US](#)

“Caring for myself is not self-indulgence, it is self-preservation, and that is an act of political warfare.”

— Audre Lorde,
A Burst of Light

SELF-CARE ACTIVITIES

BREATHE. Try this 5 Minute Stress Relief Guided Meditation.

UNWIND. Tune into these virtual “Friday Unwind” Yoga sessions at 4PM each week.

READ. Join one of the many online book clubs available through your local library.

STRETCH. Try a free on-demand yoga or meditation class at DoYogaWithMe.

LISTEN. In the early days of the pandemic, Yo-Yo Ma posted videos of himself performing in hopes that his music might offer some comfort. His effort has sparked individuals around the world to come together through music, art and poetry and share their own #SongsOfComfort.