



# MASSACHUSETTS FAMILY CAREGIVER SUPPORT PROGRAM

NEWSLETTER | JULY 2020



## THANK YOU.

*"Older individuals have fought fights and won them. Instead of turning our backs on older adults, let's turn our faces towards them and ask them about their resilience – how they were able to get over previous disasters in their lives...These are the people that know how to bounce back. Let's hear their stories about resilience instead of giving up on them."*

– Dr. Boaz M. Ben-David  
Associate Professor, Interdisciplinary Center in Israel

**Thank you to all of the caregivers and caregiver specialists going above and beyond, today and every day. Thank you for bringing peace to those around you during this difficult time. Thank you for your resilience.**

MFCSP JULY 2020  
NEWSLETTER

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# RESEARCH/POLICY

- [Intergenerational Relationships, Family Caregiving Policy, and COVID-19 in the United States](#)
- [Videoconferencing Interventions Reduce Anxiety, Distress in Remote caregivers](#)
- [The Impact of the COVID-19 Pandemic on Outpatient Visits: A Rebound Emerges](#)
- [The True Cost of Caregiving: Why an Equitable Care System for Children, Adults & Elders is Essential to Household Financial Security](#)

## Policy

### Federal

**The Protecting Family Caregivers from Discrimination Act (S.3878)**, introduced on June 5, 2020, would prohibit employers from firing, demoting, mistreating, refusing to hire, or taking other adverse employment action against workers who are caregivers for loved ones. The bill would also prohibit employers from retaliating against a worker for seeking enforcement of these discrimination protections and establish a grant program to assist in preventing and combating such discrimination.

The **U.S. Senate Special Committee on Aging** held a hearing "[Combating Social Isolation and Loneliness During the COVID-19 Pandemic](#)" to examine the growing isolation and loneliness older adults are experiencing due to COVID-19.

### State

**The Patients First Act (S.2769)**, which was filed in the MA Senate on June 18, 2020, requires insurance carriers, including MassHealth, to cover telehealth services in any instance where the equivalent in-person service is covered. The bill also embraces an expansive definition of telehealth services, including care through audio-only telephone calls to assist those patients who may not have access to a smart phone, tablet, or computer.

"Courage doesn't always roar. Sometimes courage is the quiet voice at the end of the day saying 'I will try again tomorrow.'"

— Mary Anne Radmacher

### Upcoming Free Webinar

## Starting Proactive Care Planning Conversations in the time of COVID-19

### Presented By:

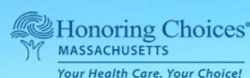
Ellen DiPaola, President & CEO  
Honoring Choices Massachusetts

Learn about multi-lingual planning tools, best practices for implementation, new information on Medicare reimbursement, and the new MA Electronic MOLST Completion Web Portal.

**July 14, 2020 | 9:00 to 10:30 am**

To register for the webinar visit  
<https://www.surveymonkey.com/r/DLW3MRR>

Attendees receive an Honoring Choices Ambassador Certificate. A CEU Application has been submitted for this webinar.



## UPCOMING WEBINARS

### **Combating Loneliness in Wake of COVID-19—High Tech Takes Social Work Model to New Heights**

**July 7, 1:00 PM**

This webinar will explain the benefits of health-based technology and the social work model, while also addressing challenges and keys to implementation.

### **SDOH & COVID-19: Opportunities, Barriers & Lessons We're Learning**

**July 7, 12:00 PM**

In a new webinar series, Manatt Health will focus on developments and the questions they raise. How is the pandemic highlighting the impact of racial and social inequities on health—and the need for healthcare and social services integration? How can we turn the current crisis into an opportunity to create positive, lasting change?

### **From the Frontlines: Providing Support Services to Older Adults in the COVID-19 Pandemic**

**July 9, 10:00 AM**

Paul Downey will address how his work has evolved since the pandemic, including specifically the impact upon those living in their low-income housing complexes, the homeless population they work with, and the volunteers that help to keep their programming on track.

### **Successfully Engaging Older Adults and Adults with Disabilities via Technology**

**July 9, 1:00 PM**

Join ACL and other national stakeholders for a webinar highlighting programs, best practices, and tips for creating communities of learning and engagement via technology. Presenters will address marketing/outreach, barriers to virtual participation, strategies for holding interactive and inclusive conversations, and more.

### **Starting Proactive Care Planning Conversations in the time of COVID-19**

**July 14, 2020 9:00 AM**

Learn about the multi-lingual planning tools, best practices for implementation, new information on Medicare reimbursement, and the new MA Electronic MOLST Completion Web Portal.

### **How Storytelling Can Super Charge Person-Centered and Personalized Care**

**July 14, 4:00 PM**

Learn about the best way to collect life stories, and how technology can help.

### **(Virtual) Memory Cafes for All: How Thriving Cafes Are Creating Joy and Community Among People Living With Dementia and Their Care Partners**

**July 15, 4:00 PM**

Presenters will share best practices for starting and sustaining a Memory cafe, and will discuss the benefits of cafe networks to foster the spread of cafes through resource sharing and mutual support.

# SELF-CARE

IMMERSE YOURSELF IN...

## Learning

- [Mather Telephone Topics](#): Listen to a wide range of interesting discussions and programs such as wellness, education and live performances
- [TED Talks](#): Select a video with friends and afterwards, hold a virtual discussion on Skype!
- [University without Walls](#): Classes encourage discussion
- [MASTERCLASS](#): One free live class per week
- [Open Culture](#): 1,500 Free Online Courses



## Art

- The Museum of Modern Art: [Virtual Views](#)
- The [J. Paul Getty Museum](#), Los Angeles, CA
- Mexico City's [National Museum of Anthropology](#)
- [Creative Aging Resources](#)
- [Social Distance Gallery](#): BFA/MFA thesis shows from colleges and universities across the country that were cancelled due to COVID-19 precautions

10 Astonishing Ceilings You Can See Up Close

7 Gordon Parks Images That Changed

American Attitudes



## Music

- Yo-Yo Ma Tries to Bring Us [Comfort and Hope](#)
- NPR Music's compiled list of [live virtual concerts](#)
- [Tanglewood 2020 Online Festival](#)
- Vancouver Symphony Orchestra's [Livestream](#)
- [Aged to Perfection/Old Enough to Know Better](#)
- Vienna State Opera's [live performances](#)

Spotify playlists for busy caregivers, [Caregiving Advice!](#)

- [Bad Mood Melodies](#)
- [Beat the Blues](#)
- [Summer Serenades](#)



## (Virtual) Travel

- [Carlsbad Caverns National Park](#), New Mexico
- Virtual Tour of the [Great Wall of China](#)
- [Tomb of Queen Meresankh III](#), Egypt
- [Monterey Bay Aquarium](#), California
- [Kenai Fjords National Park](#), Alaska
- [Open Air Museum](#) in La Pincoya, Chile
- [Hermitage Museum](#), Saint Petersburg, Russia
- [Hawai'i Volcanoes National Park](#), Hawaii



# SELF-CARE TIPS FOR CAREGIVERS

- 10 Tips for Coping with Burnout
- Managing Anxiety: Breathing Exercise Amid COVID-19 Crisis
- Grieving the Intangibles
- How to Survive Social Isolation During the COVID-19 Pandemic
- 6 Tips for Long-Distance Caregivers
- Helpful Thinking During the Coronavirus (COVID-19) Outbreak

### Simple Daily Self-Care Quarantine Questions:

- What am I grateful for today?
- Who am I checking in on or connecting with today?
- What expectations of "normal" am I letting go of today?
- How am I getting outside today?
- How am I moving my body today?
- What beauty am I either creating, cultivating or inviting in today?

FROM: CENTER FOR MINDFULNESS AND JUSTICE

# RESOURCES FOR GRANDPARENT AND RELATIVE CAREGIVERS

## Support Groups Hosted by the Commission on the Status of Grandparents Raising Grandchildren

July 6th & 7th  
July 20th & 21st  
August 3rd & 4th  
August 17th & 18th

## Virtual Coffee Camp for Grandparents

Fridays, July 17 – August 21  
9:30 – 10:45 AM

[CHession@esmv.org](mailto:CHession@esmv.org) to register



*Are you a grandparent or kinship caregiver raising children?*

Although many summer camps are closed for the kids due to COVID-19, we have a camp for you!

## VIRTUAL COFFEE CAMP FOR GRANDPARENTS

FRIDAYS, JULY 17 - AUGUST 21  
9:30 - 10:45 AM

We will meet virtually to listen to guest speakers, get resources and information. We will also have time to connect and support each other during this difficult time. All from the comfort of your home with a cup of coffee (or tea).

To register for this support group please email [CHession@esmv.org](mailto:CHession@esmv.org)



## RECOMMENDED READINGS

### CONFRONTING INEQUALITIES

- Self Care: Talking about Race
- Report: COVID-19 Hits Blacks, Hispanics Harder
- Panel Discussion: Impact of Systemic Racism During a Personal Caregiving Experience

### GETTING BY

- How Caregivers Can Help Other Caregivers During the Pandemic
- 4 Things the Pandemic Has Taught me About Preparedness
- Elder Mental Health in the Time of COVID-19
- Caregiving in a Pandemic: Technology Key to Quality Healthcare in Communities of Color
- Pandemic Upends The Lives Of People With Disabilities – And Of Their Caregivers

### LOOKING AHEAD

- Valuing Women's Caregiving During and After Coronavirus
- COVID-19 Reveals the Caregiving Mystique: Why the Pandemic Could Ultimately Help Family Caregivers
- Caregivers Should Use Their Pandemic Guilt as a Force to Drive Effectiveness
- Grounded and Grateful: How Caregivers Can Cope in the New Normal
- How Family Caregivers Can Keep Loved Ones Safe as Stay-at-Home Orders Lift

## PHYSICALLY DISTANCED SOCIALLY CONNECTED

**MEALS TOGETHER.** Intergenerational dinner party  
**STORII TIME.** Free remote story time with a child and an isolated senior  
**COVIA WELL CONNECTED.** Phone and online community with regular programming  
**MATHER TELEPHONE TOPICS.** Wide range of discussions and programs  
**CARD MAKING.** Personalized greeting cards for isolated older adults  
**FRIENDLY (VIRTUAL) VISITING.** Volunteer/recipient "matches" can last years!  
**COMMUNITY CONNECTIONS.** Friendly Voice volunteers provide calls to say hello

Webinar hosted by the Massachusetts Municipal Association Human Services Council & the Executive Office of Elder Affairs

### Elder Care during COVID-19

Panelists covered how home- and community-based aging services have adapted during COVID-19, and how local human services providers can support older adults and caregivers in their communities.

Issues addressed included responding to the needs of older adults and families during the pandemic, helping older adults and isolated family caregivers feel less alone and more connected to their communities, and sharing hopes for the future.

Kathryn Downes, EOEA (moderator)  
Robin Lipson, EOEA  
Tara Hammes, Nutrition, MCOA  
Brenda Labbe, GSSSI Family Caregiver Program