



MASSACHUSETTS FAMILY CAREGIVER SUPPORT PROGRAM

NEWSLETTER | AUGUST 2020



We're All in This Together

As time goes on and another monthly MFCSP newsletter marks the end of summer, we want to thank you for all you have done and continue to do to build caring and resilient communities throughout the Commonwealth.

*If you can't fly then run,
if you can't run then walk,
if you can't walk then crawl,
but whatever you do
you have to keep moving forward.
— Martin Luther King, Jr.*

During this time of physical distancing, we have new things to learn, fellow caregivers to meet (virtually), ways to make our voices heard, and useful information to stay healthy, happy and connected.

MFCSP AUGUST 2020
NEWSLETTER

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ReiMAgine Aging

Planning Together
to Create an Age-Friendly
Future for Massachusetts

2020: YEAR ONE PROGRESS REPORT



ReiMAgine Aging Planning Together to Create an Age- Friendly Future for Massachusetts

The Commonwealth's 2020 Age- and Dementia-Friendly Year-One Progress Report details the tremendous work of communities and organizations throughout Massachusetts.

While the report covers time before COVID, the last several months have shown that community work to #ReiMAgineAging has never been more important. The foundations and relationships built pre-COVID through the age- and dementia-friendly movements are helping communities respond to the pandemic, and will strengthen our resilience.

Supporting Family Caregivers is a key part of becoming Age-Friendly & Dementia-Friendly. For example, in November 2019, the Massachusetts Caregiver Coalition launched to help employers support family caregivers.

UPCOMING WEBINARS

Spotlight on Health: Innovative Solutions to Address Social Isolation in Older Adults During the COVID-19 Pandemic
August 10, 2020

Well Being in the Time of COVID-19: Supporting Frontline Staff & Caregivers
August 11, 2020

Virtual Diabetes Self-Management Program
August 11, 2020

Resilience & Strength: African American Family Caregivers Discussion Confirmation
August 12, 2020

RAISE Family Caregiving Advisory Council Meeting
August 12, 2020

The Critical Role of Caregiving Technology During COVID-19 and Beyond
August 13, 2020

Effective Communication Strategies
August 13, 2020

Telephone Caregiver Support Group 12: Early Stage Caregivers
August 18, 2020

What You REALLY Need to Know About Caring for a Person with Dementia: How Habilitation Therapy Can Help
August 18, 2020

WELLBEING in the time of COVID

SUPPORTING FRONTLINE STAFF AND CAREGIVERS

with Massachusetts Health and Human Services Secretary Marybu Sudders

Join MAMH and Health and Human Services Secretary Marylou Sudders in recognizing and honoring the many Commonwealth citizens working in hospitals, nursing homes, clinics, residential care, and other settings on the frontlines of COVID-19.

**Tuesday, August 11
2:15-3:00 pm ET**

We'll share steps taken by the MA COVID-19 Response Command Center to protect workers, as well as resources and strategies for workers to help maintain their mental well being under times of extraordinary stress.

To register:
<https://bit.ly/COVID8-11>

For more information:
info@mamh.org

FREE AND OPEN TO ALL

Understanding, Identifying, and Addressing Fall Risk in Aging Adults
August 26, 2020

Navigating the World of Assistive Technology for People with Dementia
August 27, 2020

Managing Dementia Care in the Time of COVID-19 with TEEPA SNOW
August 29, 2020

CAREGIVER SPECIALIST SPOTLIGHT

We are thrilled to welcome three new caregiver specialists to the Family Caregiver Support Program across the state. WELCOME!

**HOLLY
HOLLOWAY**
LifePath



I am a mom to two young adults, and a wife of 25 years. I have always been the person who cares for everyone else. I have been working as an admin at LifePath for almost 2 years.

When I first came to LifePath, I told the Executive Director that I want to know that I am making a difference. By working with clients through Community Options and the Caregiver program, I am able to help figure out how to get the services the client needs to help them live the best life possible. Because I have only been working as a CORS for a couple of weeks, I haven't had a lot of experience working with caregivers YET. My hope is to grow the program, and get the LifePath name out to the folks in the area that could really benefit from our services. I think the work that is done here at LifePath is amazing, and I look forward to helping as many clients as possible.

I live in Jamaica Plain in my childhood home (recently purchased from my 83-year-old mother when we moved back from New Hampshire a year ago) with my husband, 19 year old twin boys and our 14 year old west highland terrier. I enjoy running and riding a road bike, as exercise has always been my best stress reliever.

I already appreciate the support from the BSHC staff and know this will be a great place to work. Everyone has been wonderful. Each day I am learning a lot about the supports available for caregivers. I am impressed by the wealth of information that BSHC and MFCSP have provided. I have not yet been assigned any caregivers, but I am looking forward to that happening soon. I hope to help BSHC strengthen and expand their program.

**PAULA
MCCARTHY**
Boston Senior Home Care



I am delighted to be the new Caregiver Specialist at Springwell. A little about me. I am an obnoxiously proud dog Mom, I love to do yoga, and my new "COVID skill" is the ability to do a headstand. I grew up in a loud, chaotic, and loving house. I have four sisters, and throughout my teenage years, my parents became caregivers for my Grandma when she moved in with us. Yes, this means my Dad lived with 7 women! I was able to witness firsthand, the love and patience of a caregiver. Caregivers inspire me by showing the difference one human can make in the life of another. I hope to bring this experience and perspective into my role of Caregiver Specialist.

**CARLY
KASCAK**
Springwell



COVID presents a strange time to start a new job, but also allows for some unique opportunities and learning experiences. I have been able to witness the extent caregivers will go to support their loved ones during this time. I have also witnessed the heartbreak when caregivers cannot visit their loved ones who are in a facility. I hope that through this role I can provide support and counseling to help caregivers in such a difficult time in their lives, and in the climate of the world as a whole.

SELF-CARE DURING COVID

Wellness During COVID-19: Tips and Resources to Help You Take Care of Yourself

Hot Weather Tips—How to Keep Cool While Wearing a Mask

Proactive Care Planning for COVID-19: What Matters Most to You Matters to Us

How ‘Anticipatory Grief’ May Show Up During the COVID-19 Outbreak

Common Coping Strategies, including Mindfulness; Nurturing and Emotional Awareness

Self-Care Grounding Practice

Apart, Not Alone: A Guide for Remote Caregiving During COVID-19

Being Active at Home: A Resource for People Living with Dementia and Their Care Partners

Stressed Caregivers: Humor Can Help

Reducing Anxiety During COVID-19: Tips and Resources to Help You Take Care of Yourself

5 Ways to Use a Journal to Reduce Caregiver Stress

Caregiver Self-Care “DO THE FIVE M’S” By Dr. Donna Benton

#1 MAIL

Stay connected; use email or old-fashioned “snail mail.”

#2 MUSIC

Pick up your music collection. Fill your home with music. Sometimes music gives us a different feeling in our body and helps us feel good.

#3 MOVIES

Watch movies at home. Find movies that make you laugh for stress relief. Take breaks from watching the news about COVID-19; don’t watch it 24/7.

#4 MEALS

Be creative about meals. Depending on your diet, whip something up that you really enjoy. You can even have a cupcake (or a whole cake!) delivered.

#5 MINDFULNESS

Practice mindfulness. Now more than ever, yoga and meditation classes are available online at little or no cost.

CAREGIVER STORIES

- Family of Us: A PBS American Portrait Story On Caring For a Grandparent With Slow-Advancing Dementia
- A Somerville Photographer Captures Emotional Impact Of COVID-19 In Portrait Series “Masks of Boston”
- A Boston Conservatory Student Delivers What the World Needs Now: Love
- How My Friendship With My Father Prepared Me to Be His Caregiver
- Florida Woman Gets Job as Dishwasher at Senior Care Facility to See Husband with Alzheimer’s After 114 Days Apart
- Dr. Rebekah Gee on Caregivers, Moral Injury, PTSD & Post Traumatic Growth

COPING IN CREATIVE WAYS

Boston Ballet “Home Studies” Series: Three dancers Explore Creativity in Confinement in an original choreographed series

Boston Symphony Orchestra (BSO) at Home: Notes of Appreciation At-Home Performance Series

Creative Caregiving Lessons: The Creative Caregiving Guide contains short video lessons that guide users through hands-on artistic learning experiences. Lesson topics include a range of music, poetry, painting and dance

- Learn a new instrument, search online for lessons. YouTube has tutorials for almost everything
- Create some visual arts – sketch, watercolor, photography
- Plant something – herbs or vegetables on the windowsill are both easy and useful
- Feeling nostalgic? Look through old yearbooks or photo albums
- Start a book club with friends, family, or neighbors virtually or over the phone

2020 Walk to End Alzheimer's

Participate in the reimagined 2020 Walk to End Alzheimer's

Instead of the large annual event, the Walk to End Alzheimer's is everywhere – on every sidewalk, track and trail

Try these [nine walks](#) throughout MA to help raise awareness and funds for Alzheimer's

Make your voice heard!

Fill out the 2020 Census

The deadline to complete the census has moved up to September 30 this year. The #2020Census is critical to ensuring that every community in Massachusetts gets the funding it needs

Register to vote

SOCIALLY DISTANCED ACTIVITIES

Although it may be difficult to do some activities, there are many fun and creative ways for respite providers to interact with care recipients while still maintaining social distancing, including:

- Go for a walk
- Bike ride
- Enjoy time in nature
- Read a book or listen to an audiobook
- Garden
- Get and care for a virtual pet
- Host a talent show
- Cooking and baking
- Play sports that do not involve contact or sharing equipment, such as football toss, soccer, golf, and obstacle courses
- Exercise or practice yoga
- Play video games, online games, virtual card games, or virtual board games
- Watch TV or movies
- Play trivia
- Go on virtual fieldtrips
- Take a virtual vacation
- Write letters, poetry or journal
- Photography
- Make a music video or short film
- Knit, croquet, or sew
- Learn a new language
- Color or draw together
- Listen to or play music, dance, or participate in karaoke or a singalong
- Make crafts, origami, scrapbook, or create sidewalk chalk art
- Make a time capsule
- Build with Legos
- Work on a puzzle (online or in-person)
- Have a scavenger hunt
- Call, video chat, or have a virtual get-together with friends and family
- Sit around a bonfire
- Play charades

Remember to wear face coverings and don't forget to properly clean and disinfect all items used for activities!