



MASSACHUSETTS FAMILY CAREGIVER SUPPORT PROGRAM

NEWSLETTER | FEBRUARY 2021



Happy Black History Month!

2021 Black History Month Theme:

"Black Family: Representation, Identity & Diversity"

Happy Lunar New Year!

Year of the Ox

.....

We lay down our arms

So we can reach out our arms to one another.

We seek harm to none and **harmony for all.**

Let the globe, if nothing else, say this is true:

That even as we grieved, **we grew,**

That even as we hurt, **we hoped,**

That even as we tired, **we tried,**

That we'll forever be tied together, **victorious**

-*The Hill We Climb* by Amanda Gorman

MFCSP FEBRUARY 2021
NEWSLETTER

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UPCOMING WEBINARS

Black History Month Film Festival Presents:
Memoirs of a Black Girl
February 8, 12:00 PM

Exploring Male Caregiving for People Living
with Dementia
February 9, 2:00 PM

Museum of African American History
Presents: The Coronavirus Exposes
America's Public Health Crisis: Racism
February 10, 6:00 PM

Black History Month Film Festival Presents:
CodeSwitching
February 16, 12:00 PM

Managing Dementia Behaviors: Start With
Yourself, Presented by Teepa Snow
February 17, 11:30 AM

Computer Literacy 101 - MassMatch Webinar
Series
February 18, 1:00 PM

COVID-19 and its Mental Health Impact
on Older People
February 18, 2:00 PM

Hilarity for Charity "CareCon"
February 19, 3:00 PM

Stronger Together: The Benefits of
Intergenerational Programs for Everyone
February 24, 1:00 PM

Caring For Those Who Care: Meeting the
Needs of Hispanic Caregivers
February 25, 2:00 PM

Living Well Until the End: How the End of
Life Should Match Individuals Goals
March 10, 1:00 PM

Complex Care Management for People
Living with Dementia
March 11, 2:00 PM

Coping with the Emotions of Caregiving
March 11, 4:30 PM

EOEA INTERN SPOTLIGHT

Adriana Krasniansky, a second-year masters student at Harvard Divinity School, has recently joined The Executive Office of Elder Affairs (EOEA) Policy and Strategy team as an intern. At EOEA, she will be working with staff to research caregiver experiences in the state of Massachusetts, support caregiving technology startups, and evaluate state procedures with a diversity, equity, and inclusion lens.

Previously, Adriana worked as a technology consultant in the healthcare industry. After a family illness, Adriana entered Harvard Divinity School to study aging and serious illness care, as well as caregiving studies.

Adriana's masters research explores how care can support a person's holistic (physical, mental, spiritual) needs, as well as how technology impacts aging and serious illness care. Most recently, Adriana worked at The Coalition to Transform Advanced Care, developing community care models to support low-income older adults and their caregivers.

Personally, Adriana has served as a care partner for her grandparents and parents. She enjoys running, reading, and participating in her Ukrainian-American cultural community.



RECOMMENDED READING

NEEDS & RESILIENCE

- [Caregivers Shoulder Increased Burdens During Pandemic \(Radio Segment\)](#)
- [The Pandemic Offers a Chance to Reimagine Caregiving](#)
- [Visiting After the COVID-19 Vaccine](#)
- [The U.S. Must Do More to Care for Its Caregivers](#)
- [The Collective Exhale: Family Caregivers and the Coronavirus Vaccine](#)
- [Melinda Gates: This Pandemic Has Exposed Our Nation's Broken Caregiving System](#)

FINANCE

- [Financial Assistance For Undocumented Immigrants During COVID-19](#)
- [Massachusetts Workers Emergency Relief Funds](#)
- [Respite Relief For Military And Veteran Caregivers](#)
- [Who Pays for Mom? Creating the Family Care Agreement Over A Holiday Zoom](#)
- [Some Seniors Face Shrinking Nest Eggs As They Care For Loved Ones During Pandemic](#)

GUIDES FOR CAREGIVERS

- [How to Care for Aging Parents When You Can't Be There](#)
- [Caregiving with Your Siblings](#)
- [How to Hold a Virtual Memorial Service](#)
- [How to Be a Caregiver - NY Times Guide](#)
- [How to Hold a Family Meeting](#)

SPOTLIGHT ON BLACK HISTORY MONTH

- [Social Isolation and African American Older Adults](#)
- [Caregiving In BIPOC Communities](#)
- [The "Typical" African American Caregiver](#)
- [When and How Black Caregivers Should Discuss Race and Racism with a White Family](#)
- [One Size Doesn't Fit All: Recognizing Diverse Caregiver Experiences](#)
- [Black, Gray and Gay: The Perils of Aging LGBTQ People of Color](#)
- [It's Time to Meet the Needs of African American Caregivers](#)

RESEARCH/POLICY

The Unspoken Costs of Caregiving: Nearly 2/3 of caregivers in recent Carewell study report depression

An independent study conducted with nearly 600 participants revealed that **64% of caregivers reported feeling depressed due to the stress of caregiving**. For female respondents caring for a parent, this percentage increased to 72%. Things like feeling isolated, losing sleep, and not getting enough physical activity or leisure time can have major effects on mood. When you're the primary caregiver to a loved one going through a difficult time themselves, it's crucial to have ample headspace for all parties involved.

Evidence-Based Mental Health Tips from the CDC

It's crucial to have ample headspace whether you are a caregiver or a specialist serving caregivers. Taking care of yourself is the best way to take care of others. These strategies are neither surprising nor new but are worth re-emphasizing.

- **Take a screen break** from watching, reading, or listening to news stories, including on social media. Hearing constantly about the pandemic can be upsetting, so disconnecting for a while can be helpful.
- **Take care of your body.**
 - Take a moment to take deep breaths, stretch or meditate.
 - Be mindful of the food you put in your body. Nourish your body with well-balanced meals.
 - Exercise regularly. [Click here to view 6 easy at-home exercises.](#)
 - The minimum recommendation for all adults is 150 minutes/week of moderate-intensity activity such as brisk walking. At least two days/week of muscle-strengthening activities.
 - Avoid excessive alcohol, tobacco, and substance use.
 - Rest. Good, quality sleep is imperative to your mental and physical well-being.
- **Make time to unwind.** Carve some time to do other activities that you value and enjoy.
- **Connect with others.** Talk with people you trust about your concerns and how you are feeling.
- **Connect with your community or faith-based organizations.**

Where Can I Find More Information About The COVID-19 Vaccine in Massachusetts?

All current information on the rollout of vaccines for people ages 75 and older can be found at <https://www.mass.gov/info-details/covid-19-vaccinations-for-people-ages-75-and-older>. This will be updated with additional information as it comes available.

- **COVID-19 Vaccine Information in MA** - <http://www.mass.gov/covidvaccine>
- **COVID-19 Vaccine Appointment Locations** - <http://www.mass.gov/covidvaccinemap>
- **COVID-19 Vaccine Frequently Asked Questions** - <https://www.mass.gov/info-details/covid-19-vaccine-frequently-asked-questions>
- **Latest COVID-19 Vaccine Information in MA** - <https://www.mass.gov/info-details/covid-19-vaccination-program>
- **Sign-up for COVID-19 Alerts** - <https://member.everbridge.net/index/406686158291020/#/signup>