



# MASSACHUSETTS FAMILY CAREGIVER SUPPORT PROGRAM

NEWSLETTER | MARCH 2021



## Happy Women's History Month!

2021 Theme: *Valiant Women of the Vote:  
Refusing to Be Silenced*

We turn not older with years, but newer every day.

These words they sing

Of hope

Of joy

These words leave me to

Play

Within my mind

Within my heart

Within my newer day

.....

Life's magic has its way

Has its way

Comforts me

Walks hand in hand with age

Walking towards that Promised Land...

Where newness wins the day!

-Emily Dickinson

MFCSP MARCH 2021  
NEWSLETTER

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# UPCOMING WEBINARS

Research Update Event – Alzheimer’s and African Americans: Advancing Resources, Research and Caregiving  
March 6, 1:00 PM

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

Healthy Living for your Brain and Body  
March 10, 4:00 PM

ALZTalks with Dr. Claire Sexton -- Lifestyle Modifications  
March 10, 6:30 PM

Alz Meet Up: Laughter is the Best Medicine  
March 11, 11:00 AM

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

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

Effective Communication Strategies for Dementia Caregivers  
March 11, 6:00 PM

COVID-19 and Caregiving  
March 11, 6:30 PM

Living with Alzheimer’s for Caregivers: Middle Stage Series  
Part 1: March 11, 1:00 PM  
Part 2: March 18, 1:00 PM  
Part 3: March 25, 1:00 PM

Cuerpo y Cerebro Sano es Vida Sana: Consejos de las Ultimas Investigaciones  
March 15, 1:00 PM

Alzheimer’s Association: Legal and Financial Planning  
Day 1: March 15, 11:00 AM  
Day 2: March 16, 11:00 AM

Alzheimer’s Association: Conferencia Planificacion Legal y Financiera  
March 17, 11:00 AM

Polypharmacy and Older Adults  
March 17, 1:00 PM

Understanding & Responding to Dementia Related Behavior  
March 17, 8:30 PM

Caring For Those Who Care: Meeting the Needs of American Indian and Alaska Native Caregivers  
March 18, 2:00 PM

Conozca las 10 Senales de Advertencia  
March 22, 6:00 PM

Legal & Financial Planning Workshop  
March 24, 4:00 PM

Good Shepherd Institute Presents A Boston Event Premiere, Caregiver: A Love Story  
March 25, 7:00 PM

15th Annual Chinese Alzheimer’s Forum (Chinese)  
March 27, 7:00 PM

Practical Caregiving and Dementia  
March 31, 11:00 AM

Dementia Conversations  
March 31, 1:00 PM

# STORYTELLING CONTEST

- Humans For Caregivers (HFC) is calling on high school and college students in the U.S. and Canada to share their stories in our Humans of Dementia storytelling contest. Whether it be through a written or photographic essay, sharing stories of how Alzheimer’s has touched our lives and the lives of our loved ones leads to confidence, compassion, and change.
- This year they are awarding prizes in two categories: written storytelling and photo storytelling.
- [Enter the contest here.](#)

# RECOMMENDED READING

## MEETING NEEDS & RESILIENCE

- 50 Activities to Do with a Person with Alzheimer's
- A Letter to My Pre-Caregiver Self
- Alexa's New Care Hub and What It Means for Caregivers
- Comparing Grief and Why We Shouldn't Do It
- How the Pandemic Has Changed the Way We Grieve
- 'How Am I Going to Keep This Up?' COVID Intensifies Plight of Family Caregivers

## SELF-CARE

- The Best Mindset for Helping an Aging Parent
- 16 Ideas for Recharging Your Caregiving Energy in 15 Minutes

## EQUITY

- It's Time to Stop Neglecting the Needs of American Indian and Alaska Native Caregivers
- Community and Culture Help Black Caregivers Cope With the Challenges of Family Caregiving
- Equity in the Workplace Requires Equity in Caregiving

## LEGAL & FINANCE

- Family Caregiving Doesn't End When the Recipient Dies
- A Legal Checklist for Family Caregivers

## NEW PROGRAM SPOTLIGHT

Jewish Family & Children's Service (JF&CS) is offering FREE, exciting new online programming as part of their Services for Older Adults. These interactive, fun, and thoughtful programs will meet three consecutive Tuesdays a month from 10:30 AM to 11:30 AM starting March 9th by Zoom.

Registration is encouraged but not required. To register, click [here](#).

To Join by Zoom: <https://zoom.us/j/95570480679?pwd=aUk2bTBqV2NvVXRmYXdCV2YwQllyZz09>

To Join by Phone: 1-929-205-6099

Meeting ID: 955 7048 0679 Passcode: 195668

### Tuesdays with JF&CS

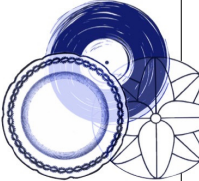
A series of fun, creative, virtual workshops for all ages offered by JF&CS' Services for Older Adults

Caring for Generations  
**JF&CS**  
Jewish Family & Children's Service

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**POTLUCK** Second Tuesday of each month at 10:30 a.m.

Just like a neighborhood potluck, you are invited to bring yourself and a healthy appetite for community to our virtual Potluck program! Each gathering will offer something different: music, storytelling, learning a new artform, pivoting into a new skill, and of course, food! Whatever the topic, each month will be led by a guest artist/facilitator and offer time for connection, delight, and learning.



**JUKEBOX** Third Tuesday of each month at 10:30 a.m.

Connect with others through shared musical experiences — besides being fun and relaxing, music is also healing! These workshops will offer different opportunities ranging from quiet listening to taking part in music activities together. Each workshop will feature something different — sing-alongs, games such as "name that tune," storytelling through music, and much more!

**SPIRITED AGING** Fourth Tuesday of each month at 10:30 a.m.





The Spirited Aging program invites participants to explore together how we understand and find meaning and purpose in the experience of growing older — the challenges, the transitions, the losses, and the joys. This interactive workshop will include how we might turn to music as a resource in our lives and discuss practices to foster wellbeing.




Workshops meet on Tuesdays from 10:30 a.m. to 11:30 a.m. starting March 9, 2021. Participants are welcome to invite family and friends. Workshop facilitators: Libby Arsenault, Mary Curlew, Joshua Min, and Marji Sokol

Registration is encouraged but not required: [http://bit.ly/JFCS\\_Tuesdays](http://bit.ly/JFCS_Tuesdays)  
Zoom info: <http://bit.ly/TuesdaysConnect> (No ID or Passcode needed with link.)  
By phone: 1-929-205-6099 Meeting ID: 955 7048 0679 Passcode: 195668



For more information, please contact Mary Curlew at [mcurlew@jfcsboston.org](mailto:mcurlew@jfcsboston.org).

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jfcsboston.org | 781-647-JFCS (5327) | Stay Connected:    

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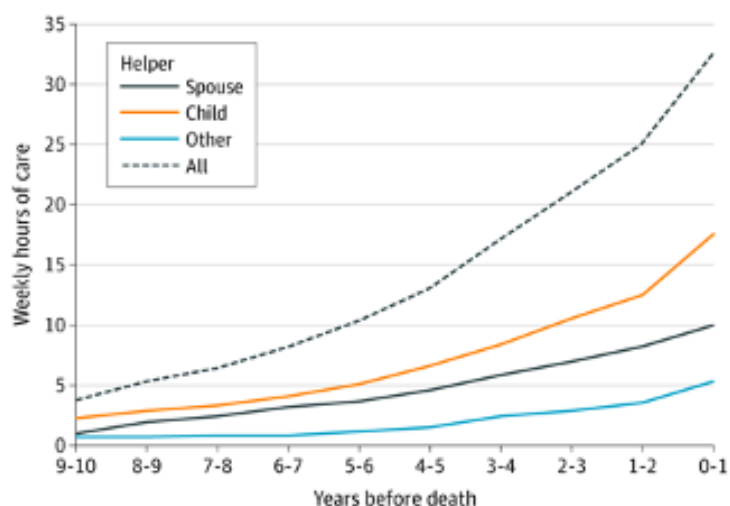
# RESEARCH/POLICY

## Family Caregiving for Those With & Without Dementia in the Last 10 Years of Life

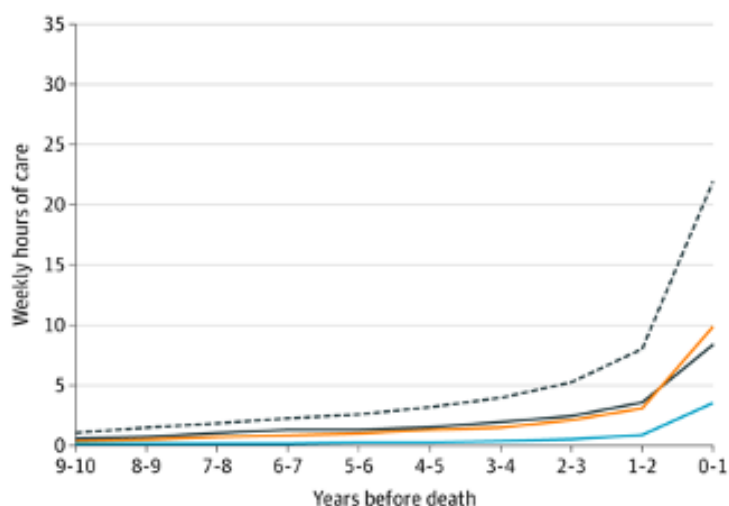
Researchers at the Icahn School of Medicine at Mount Sinai investigated the hours of care that over 5,000 family caregivers provide to those with and without dementia during the last 10 years of life. They discovered that **family caregivers of people with dementia provided 3 times as many total hours of care** over the last 10 years of life compared with caregivers of those without dementia. Adult children provided the bulk of care for family members with dementia, clocking in an average of 17 hours of care per week.

### Weekly Caregiving Hours in the Last 10 Years of Life by Dementia Status and Caregiver Type

**A** Dementia (n=1742)



**B** No dementia (n=2207)



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

All current information on the rollout of vaccines for people ages 65 and older can be found at [mass.gov/covidvaccine65](https://www.mass.gov/covidvaccine65) and all current information for people living with two or more certain medical conditions can be found at [mass.gov/medicalconditions](https://www.mass.gov/medicalconditions). These sites will be updated with additional information as it becomes 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>