



Caring Solutions

A Newsletter For Those Providing Unpaid Care to Family & Friends From:
NL Caregivers Out of Isolation

1-888-571-2273280 Torbay Rd. ; Suite W100, St. John's, NL; A1A 3W8
care@seniorsresource.ca 1-888-571-2273

Province Proclaims 5th Annual Caregiver Week

The Honourable Ross Wiseman Minister responsible for Health and Community Services proclaimed October 6th-12th Caregivers of Family and Friends Week. We would like to take this time to recognize the many dedicated caregivers in the province of Newfoundland and Labrador who are caring for a family member or friend .

If you are reading this and you know of a caregiver in your community please offer a kind word, a helping hand , or even the simple gesture of a listening ear. Caregivers are the lifeline in the health care system, and we need to ensure their work is recognized and we keep this awareness raised.

This issue of Caring Solutions is Dedicated to Flo Paul , a long time colleague, friend and caregiver . Flo sat on the Caregiver Provincial Advisory Committee for many years bringing a passionate voice to caregivers across the province . She will be sadly missed.

Shelly Russell
Caregivers Out of Isolation
Program Coordinator

Fall 2008

What's Inside ?

- Pg. 2 Caregiver Week Proclamation
- Pg. 3 Tribute to Flo Paul
- Pg.4 Caregiver Submission
- Pg.5 Come Glow With Us!!!
- Pg. 6 Info on Guaranteed Income Supplement and & Tips for dealing with challenging behaviors





**Proclamation:
NL Caregivers of Family & Friends Week
OCTOBER 6-12th , 2008**



Caregivers are the backbone of our health and community care system, providing unpaid care and emotional support to family members and friends, including seniors, persons with intellectual and physical disabilities, and those affected by progressive and chronic illnesses;

Caregivers are key partners in the formal health and community services system, as well as co-clients, with needs distinct from those to whom they provide care;

Caregivers are integral members of our communities, demonstrating values of love and compassion, strength of spirit, and selflessness;

We acknowledge the strength of rural caregivers who, despite facing unique challenges such as traveling greater distances for services and supports, remain committed to those they care for;

We acknowledge the importance of community support for caregivers and those they care for, by friends and neighbours, by employers, by service providers and by governments of all levels;

In recognition of the invaluable contribution of caregivers to our communities, I Ross Wiseman, declare October 6– 12th, 2008 the 5th annual Newfoundland and Labrador Caregivers of Family & Friends Week.

Ross Wiseman

**Ross Wiseman,
M.H.A., District of Trinity North
Minister of Health & Community Services**

A Tribute to a longtime friend, colleague, and caregiver, Ms. Flo Paul

The first time that I met Flo was just last year when I first started the position of Caregiver's Out of Isolation Coordinator. I was traveling to meet with the regional caregiver networks and Flo was a member of the caregiver provincial advisory. One of my fondest memories of her is the first time I met her face to face.

I called to ask her where she liked to meet, I suggested going for lunch or meeting for tea.. She responded by saying, "Why should we do that when you could come to my home". I was there for close to three hours chatting with her about caregiver issues and everything else in between. She was a wonderful conversationalist with a warm and caring nature. I truly felt like I've known this woman for years when I left her home, she was welcoming, honest and kind.

The dedication and work Flo had put into the many committees and community groups she had been involved with has been endless. Flo you will truly be missed.

Shelly Russell

Caregiver Coordinator

On Behalf of the Caregiver Out of Isolation Program

Fighting a Blind Battle

A letter from, a friend, caregiver and breast cancer survivor, Georgette Thomason

Dear Shelly,

This summer has been a year of challenges. After surviving my second Mastectomy Surgery I faced the reality that I had no breasts anymore and my summer was consumed with breast cancer. I faced the world feeling like a 'poster girl', because everyone was looking at me, but I made the most of it. This challenged my emotional survival skills because I had to separate their pitying looks from who I really am. I consider myself a beautiful breast cancer survivor.

I feel as though I have the right to call myself a breast cancer survivor because I have the battle scars. One not only fights a physical battle but an emotional battle as well. It's a mixed fight... I call this the melee of breast cancer. This is where the tricky part comes in. Breast cancer can overwhelm you and define you as a person. One of the biggest challenges I found was facing comments asked of me. Before my surgery people commented, "you have done it before", my response is that there is no comparison between losing one breast and losing both.

I had wardrobe issues all summer long. One thing that I did purchase was a small jacket that had small pockets on the front where my breasts used to be. I consider my breasts to be a piece of me but not who I am. This was critical for my survival because people made comments to me like, "that's what makes you a woman". In order to survive this I carried a sword in my battle, poised and ready to fight. The tricky thing is you don't know what to expect.

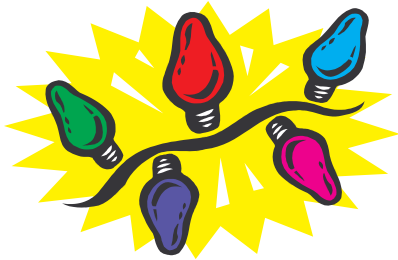
Shelly this is where the victimization comes into play. For me in order to be a survivor one had to first become a victim. For me admitting that I was a victim was difficult, especially being a breast cancer survivor for a second time. I now have a breast prosthesis and it's a whole new beginning for me. This summer is fastly fading into history and once again I feel healing in every way. Shelly my journey has been blessed by you.

Sincerely,

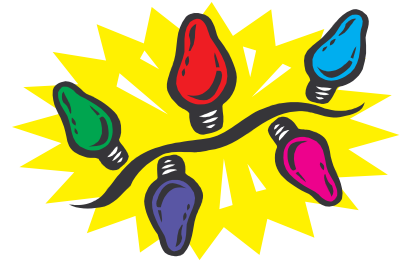
Georgette Thomson (Warrior Woman)

Editors Note:

Georgette is a caregiver and breast cancer survivor that has been a longtime user of the caregiver line. Her strength, courage, and contagious humor are something I can only aspire too. Shelly



Come Glow With Us



“You don’t have to be a caregiver to *glow*, you just have to care.”

Annually during Caregiver Week, volunteer regional Caregiver Networks in several communities across the province are encouraging Newfoundlanders and Labradorians to do something different: light up Christmas lights in your window at 8 p.m. during Caregiver Week. This idea, nicknamed “Glow with Us,” was started in Nova Scotia. Within a few short weeks, there were people participating across the world!

The Caregivers Out of Isolation Program is also encouraging municipalities to step up and take part in this initiative in recognition of caregiver across the province.

Increase to the Guaranteed Income Supplement Earnings Exemption

On July 1, 2008 an amendment to the Old Age Security Act came into effect , to help guaranteed income Supplement recipients who choose to work to keep more of their GIS benefits.

What has changed?

This amendment increases the GIS earnings exemption to \$3,500 from \$500. A single pensioner earning \$3,500 or more a year will be able to keep an additional \$1,500 in annual GIS benefits .

For more information please call 1-800-277-9914 or visit www.servicecanada.gc.ca

How to Respond to Challenging Behaviors

Sometimes chronically ill older adults behave in ways that are frightening or upsetting to caregivers. When this happens you may want to consider the following:

- Stay Calm, if you feel yourself becoming agitated or angry leave the room and calm down using whatever strategy works for you .
- Determine whether the behavior may be harmful to the person or others
- Speak in a calm and quiet voice
- If your relative is accustomed to having you touch him or her you can hold a hand or stroke an arm.
- Try to identify what may be triggering the behavior , you know your family member the best and what may be leading to this behavior.
- If all else fails speak with your family Doctor or Social Worker .

*Taken with permission from the 2007/2008 NICE Calendar
NICE (National Initiative for the Care of the Elderly)*

Caregiver Networks and Contacts

Clarenville Caregiver Network
Contact : Yvonne Godfrey
Ph: 709-466-1838

Springdale Regional Caregiver Network
Contact: Patricia Lawlor
Ph: 709- 673-3911 ext. 5112

Twillingate Caregiver Network
Contact: Margret Manuel
Ph: 709-884-2282

Stephenville Regional Caregiver Network
Contact: Lorraine Sheehan
Ph: 709-643-4444

Humber Valley Regional Caregiver Network
Contact: Eileen Pitcher
Ph: 709-634-6500

Avalon East Caregiver Network
Contact: Shelly Russell
Ph : 1-888-571-2273

Grand Fall's Windsor Caregiver Network
Contact: Annie Pope
Ph: 709-257-3018

Note:
New partnerships and networks are forming so we will be sure to keep you updated once they become established.

Information Session for Caregivers

The Avalon East Caregiver Network and the Mount Pearl Seniors Independence Group will be hosting a Safe Medication Use presentation for caregivers of family and friends.

Date : October 21, 2008

Place: Park Place Community Centre Mt. Pearl

Time: 2- 4p.m.

Light Refreshments will be served courtesy of the Mt. Pearl Seniors Independence Group

Seniors Resource Centre of Newfoundland and Labrador

Watch for our fifth annual \$50,000 shopping spree...tickets \$5 each 5 for \$20...Coming soon ...

For more information call the Seniors Resource Centre at 1-800-563-5599

**Important Contact
Information in
Newfoundland and
Labrador**



NL Caregivers Out of Isolation
280 Torbay Rd, Suite W100

Phone: 1-888-571-2273

Email : care@seniorsresource.ca

**Providing Unpaid Caregivers
of Family and Friends,
Support , Information and
Assistance**

Seniors Resource Centre of NL
1-800-563-5599

24-HR Mental Health Crisis Line
(for anyone who needs to talk)
1-888-737-4668

Alzheimer Society
1-877-776-0608

Cancer Society Info Line
1-888-939-3333

Coalition Against Violence
1-709-757- 0137 (Violence Prevention
Initiative)

Emergency Alert Foundation
1-800-563-7082

Parkinson's Society
1-800-567-7020

Independent Living Resource Centre
1-709-722-4031
TTY - 709-722--7998

Autism Society of Newfoundland and
Labrador 1-709-722-2803

SIGN UP FOR OUR FREE NEWSLETTER!

If you're not already on our mailing list, just send us this form or call us on the
Caregiver Line 1-888-571-2273.

NAME: _____

ADDRESS: _____

PHONE #: _____

Tick here if you'd like us to send you invitations to
Workshops and other free caregiver events in your
area.